

SUCCESS STORY



Dani Castillo

Trainer: Matt Bunday

As a track athlete I realize the importance of off-season conditioning and training. With the help of Matt I was able to reach my potential and achieve my goal of making the State Track Championship two consecutive years in a row. By incorporating new and innovative techniques, Matt helped me to achieve times that have been recognized by many college coaches and I can say with all certainty that the college opportunities I am receiving are attributable to Matt's off-season training and conditioning. Matt also makes training fun and achievable. He has a great motivational personality that pushed me to set goals and hit conditioning levels I never thought I could achieve.