

SPORTS PERFORMANCE TEAM



Stephanie Zavilla, M.A., CC-AASP
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Entering into her fourth year with the Comp Center, Stephanie gets to live her dream every single day, serving as the Director of Sports Performance, supervising Strength and Conditioning, Sport Psychology, Injury Management and Return-to-Sport Programming. After earning a double major in Psychology and History with a minor in Coaching from the University of South Dakota, while playing four years with the school's NCAA Division I Women's Golf Team, she went on to receive her Masters in Sport and Performance Psychology from the University of Denver's Graduate School of Professional Psychology in 2013.

Stephanie has worked as consultant for a myriad of sports and organizations on both a group and individual basis. She has experience in football, baseball, basketball, soccer, hockey, exercise endurance, lacrosse, figure skating, tennis, skiing, snowboarding, Paralympic skiing, and gymnastics, working with athletes ranging from those who are just beginning their recreational sport careers to those who are competing at the international, professional, or Olympic level. A certified consultant for the Association for Applied Sport Psychology, Stephanie has spoke at several regional and national conferences on her work in heart rate variability biofeedback, and has authored several peer reviewed articles, featuring her research in the parent-athlete relationship.

Stephanie's philosophy revolves around the idea that simply by being aware, being present, and being in love with what you do, freedom will follow; freedom from judgmental thoughts, freedom from the constraints of internal and external pressures, resulting in freedom of movement, and the opportunity to step beyond perceived limits.

Outside of working with parents, athletes, and coaches, Stephanie finds happiness in hiking, camping, white water kayaking, Paul Simon, and skiing as many months in a row as possible (36 and counting!).

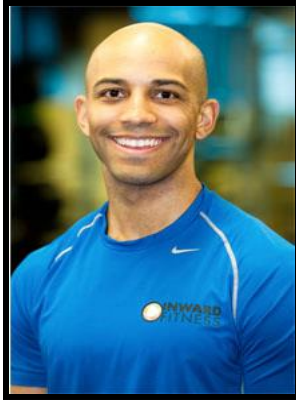
STRENGTH AND CONDITIONING STAFF



Joel Raether MAEd, CSCS*D RSCC*D TSAC-F
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Raether serves as the Director of Sport Performance at Authentic Performance Center in Denver Colorado. He is also the Director of Sports Performance for the Colorado Mammoth Lacrosse team of the National Lacrosse League since 2007. He served as the Education Programs Coordinator for the National Strength and Conditioning Association from 2009-2011. His coaching career includes stints as the assistant strength and conditioning coach for the University of Denver from 2002-2009 and the University of Nebraska Kearney from 2000-2002. Raether earned his bachelor's and master's degree in exercise science from the University of Nebraska Kearney and is a certified strength and conditioning specialist with distinction (CSCS*D), a Registered Strength and Conditioning Coach with distinction (RSCC*D) and Tactical Strength and Conditioning Facilitator certified all through the National Strength and Conditioning Association.

Raether has co-authored the books *101 Agility Drills*, *101 Sand Bag Exercises*, and also was a contributing author for *Fit Kids for Life, Developing Agility and Quickness and Core Training for Sport*. He has published numerous peer reviewed articles and popular literature contributions as well as training DVD's. He is a highly sought after presenter who has presented nationally and internationally in the area of sports performance, tactical training and also served as a consultant to various media outlets such as The Chicago Tribune, New Balance, Men's Health, SOBEfit Magazine, 9 News Denver and Wellness News. He has trained athletes at all levels including high school, NCAA, NHL, NFL, NLL, MLL, MLS, World Cup Skiing and the LPGA. His coaching accolades include numerous all-Americans, over 15 conference championships, and more than 10 individual or team collegiate national championships, all pros, league MVP's as well as multiple Olympians which included an Olympic Gold medal in Torino Winter Games.



Daniel Ward, B.S, CSCS, USAW, ACE

Owner of Inward Fitness

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Daniel @inward-fitness.com

Daniel is the owner of Inward Fitness in Denver, Colorado which was founded in 2005. He was a NCAA Division I athlete at Colorado State University where he ran track as a sprinter and walked on to the football team as a defensive back. While at CSU he received his Bachelor of Science in Health and Exercise Science with a concentration in Health Promotion and Wellness, and a Minor in Anatomy/Neurobiology. Daniel graduated at the

top of his class, amongst setting school records for the track team that still exist. He also interned at the Mayo Clinic in Rochester, Minnesota prior to beginning Inward Fitness.

Daniel met his wife, Bridgette, in 1998 at CSU on the Track and Field team and became very good friends. After several years of friendship they took their relationship to the next level. They married in May of 2009 and had their beautiful daughter Braelyn in March of 2011 and they have another little girl due December, 2016.

Daniel has implemented numerous training programs for a wide variety of clientele including the Governor of Colorado, socialites and athletes and teams of all levels and abilities ranging from youth to professional. In addition to this, he and Inward Fitness also work with several companies through their Corporate Wellness program on a local, national and global realm.

Daniel was selected as one of the Top 40 Under 40 in 2016 by the Denver Business Journal, has been seen or heard in and on The Wall Street Journal, 9News, The Denver Post, 5280 Magazine, Colorado's Best, Colorado Biz and The Good News with Angie Austin. He's also been featured on The Denver Business Podcast and YourHub.com.

SPORTS PERFORMANCE SUPPORT STAFF



Dr. Reid Nelles

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Growing up skiing and snowboarding gave Reid a passion for the sport. Becoming a chiropractor gave him the passion to provide skiers and snowboarders injury relief and injury prevention. Based out of Golden, CO, Reid is fortunate enough to work closely with athletes of many distinctions, but loves working with my skiers and snowboarders the most. The dynamic and rotational aspects of these activities force the body to be prone to injury. Teaching the body to be both mobile and stable through a run/course/lap is what yields both high performance and minimal risk of injury. That's why he's here! To empower athletes to be pain free and reach their highest potential of performance! Reid feels beyond lucky to be working with some of the best athletes ever here at Winter Park and look forward to seeing exactly what that high level of performance looks like.

Education: Doctor of Chiropractic, December 2015, Northwestern Health Sciences University, Bloomington, MN; Bachelor of Science in Biology, May 2012, University of Minnesota – Duluth, Duluth, MN

Certification and Training: Medical Staff Member of CSIT World Games 2015
USASA and USSA Coach
Graston Technique 1
RockTape FMT Basic and FMT Performance

Brian Enebo

Lisa Kelly

RETURN-TO-SPORT STAFF

Bios Coming Soon

Joey Fritz

Jay Thooft