



Brian McDermott, CSCS  
Director of Strength & Conditioning



Brian (Mac) McDermott, B.Sc., C.S.C.S., grew up in St. Louis County, Missouri, and served in the U.S. Navy Medical Services Corps. He earned a technical training certification in advanced medical technology from the Naval School of Health Sciences in 1990, and in 1994, earned a bachelor's of science degree in healthcare management from Southern Illinois University. Throughout his six-year enlistment he held dual roles, working as both a medic and immunochemistry (medical laboratory) technologist. In 1991, Mac was appointed Physical Readiness Training Coordinator. He held this ancillary role until he was honorably discharged in 1994. From 1994 to 1997, he held healthcare management positions in Chicago, Illinois.

In 1998, Mac earned certification as a personal trainer through the American Council on Exercise; and in October 2002, achieved national accreditation as a certified strength and conditioning specialist through the National Strength and Conditioning Association. He has worked with members of the St. Louis Rams, St. Louis Soccer Club (formally Busch Select Soccer Club), Olympic Development Program candidates, U.S. Professional Golf Association, PGA-certified golf teaching professionals, Senior Olympics, St. Louis University and Washington University club sports (rowing, sculling and crew teams), competitive marathoners training for the Boston Marathon, Ironman tri-athletes, youth sports coaches, physicians, physical therapists and personal trainers. He has trained and coached athletes of all ages and skill levels, and developed sport-specific strength and conditioning programs for more than 35 sports.

His specialties include speed, strength and power training with emphasis on anaerobic energy systems development, metabolic and cardiovascular conditioning, mental conditioning for competitive toughness, post-orthopedic injury rehabilitation and re-building.

As an athlete, he understands firsthand that athleticism and conditioning is highly perishable; and assuring optimal performance requires daily preparation and practice. Mac's training philosophy centers on use of evidence-based functional (sport- and activity-specific) conditioning in all planes of movement; and he strongly believes that strengthening with sound alignment and proper mechanics leads to improved movement patterns and decreased pain and risk for injuries.

When he is not working, Mac is working out, mountain climbing, hiking, fly-fishing, running, biking, skiing or snow-machining. On March 1, 2009, he fulfilled a lifelong dream to make his home in Alaska. He maintains a private practice and resides in Eagle River.

