

## Jaclyn Santamaria

### KINESIOLOGIST

- 2013 Kinesiology Graduate, Western University
- CF Level 1 Certification
- CF L1 Gymnastics Certification
- Strength and conditioning coach
- Nutrition consultant using the flexible dieting method



My name is Jaclyn Santamaria, and I am a Kinesiology graduate from Western University. Sport and physical activity have always been an interest of mine. Competitive jump rope was my sport growing up along with field hockey when I was in high school. Once I got to University, I hung up my rope and began a strict workout regimen.

I have experience working in sports rehabilitation, and I had the opportunity to complete a placement in a Chiropractic clinic during my fifth year of university. After graduating, I was hired as a physiotherapy assistant at a local clinic in Burlington for six months.

My coaching career took off in 2014 when I was hired by the head strength and conditioning coach of the Toronto Rock. I have been working with him for the past two and a half years. In May 2015, I completed my Level 1 Crossfit Certification and began coaching Crossfit at a local gym in Burlington before joining Crossfit Connection.

To date, I have been coaching for almost three years. It has become a true passion of mine, in both nutrition and athletics. My goal is to help others become the best version of themselves in these two aspects of life.



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