



Dear Parent,

BFIT Sports Performance Program has been a staple in the St. Joseph community for 12 years. As we revamp our kids' programming and start a new chapter, we want to let you in on what we have in the works for the near future.

Let me introduce myself. My name is Renata Martinez - the new Sports Performance Specialist and exclusive creator of the BFIT kids' content. I am excited to be here and can't wait to meet you!

I am an alumnus of Bishop LeBlond High School where I was a member of the women's soccer team. I met Brad at BFIT where I received my athletic conditioning for soccer during that time period. I continued my soccer career at Graceland University in Lamoni, Iowa where I graduated with a bachelor's degree in Sports Medicine (with an emphasis in Athletic Training.)

I obtained my master's degree at Fresno Pacific University where I gained clinical experience with the athletes of the 5A Xavier College Preparatory High School, and at the Nike Junior Track and Field championships. In order to be closer to my husband, I then moved to California where I worked for UCSF Children's Hospital. In addition to these experiences, I was employed by the College Preparatory School and was also medical provider for the Lamorinda Soccer Club (US Soccer). More recently, I was the Athletic Trainer and Mosaic Liaison at Highland Community College.

This new opportunity allows to give back to the community, that, in earlier years supported me. I feel like I've come full circle in being able to offer my athletic training background and competitive mindset to help young athletes reach their full potential.

We plan to have 3 major class groupings: Level 1: Preschool (ages 3-5), Level 2: Kids (ages 5-12), Level 3: Teens (ages 12-18). We will also offer a Level 4 weightlifting class that is focused on Olympic Lifting and building overall strength. Please use the QR code for more information.

Please be aware that your child's age will not be the single deciding factor for what class he or she attends. This decision is largely based upon individual skill, athleticism, and maturity and is ultimately left to the head coach's discretion. The reason for this is to ensure that each individual gets the most benefit from the Sports Performance experience.

I anticipate getting to know you personally and training your children to the best of my ability. If you have any questions, comments, problems, or concerns, please don't hesitate to get in touch with me at the following:

Signed,

Renata Martinez

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