



Meet Coach Mike

Credentials

CrossFit Level 2 and CrossFit Gymnastics; International Gymnastics Federation Brevet Coach

What is your role at YCF?

CrossFit Coach

Do you have a "day job"?

Senior Associate Athletic Director at UC Davis.

What is your fitness philosophy?

Do anything and everything to help people fuel better, feel better, and become the healthiest version of themselves.

What are your areas of expertise?

Body weight movement, competition strategy and gymnastics.

What is your greatest fitness accomplishment?

Multi-year top 200 in the world as a CrossFit Masters Competitor.

What is the biggest obstacle you have had to overcome on your fitness journey?

Size and mobility.

What are your goals as a coach?

To make a little bit of a difference every day through inspirational, evidence-based coaching.

What is your regular fitness regime?

I train CrossFit five to six days per week and bicycle everywhere.

What else would you like YCF members to know about you?

I'm an introvert but like people (in small doses). I've been competing in CrossFit for eight years and have been judging at the CrossFit Games for the same amount of time. I've been Team Lead for all judges for the Masters 50+ categories in the last two years in Madison.

Any fitness advice for someone reading this profile?

Choose to take one step rather than none. Make one better choice. Be kind to yourself when you make a bad choice and reward yourself for every good choice. Life is all about choices and their consequences.