

FocusNYC

Christopher Matsui, CSCS, MES, USAW

Chris is originally from Charlotte, NC. He specializes in Sports Performance Training, and has helped athletes and clients of all ages and abilities improve their fitness and agility. While studying for his Bachelors degree in Sports Science at East Carolina University, Chris worked at the ECU Strength and Conditioning Center in Greenville, NC where he supervised and assisted eight Olympic sports teams. He also interned with the Carolina Panthers, serving as a Strength Coach and directing the team through its pre-workout routine. Before joining Focus, Chris held the position of Assistant Sports Performance Director at Velocity Sports Performance in Syosset, NY. He developed age- and level-appropriate workout regimens for a number of athletes, as well as assisted with the set up of the facility and the development of marketing strategies. Chris is extremely passionate about coaching and education, and enjoys giving lectures on sports performance to local high school students.

Education

B.S. - Exercise Sports Science, East Carolina University

Certifications

NSCA Certified Strength and Conditioning Specialist (NSCA-CSCS)

USA Weightlifting Level 1 Club Coach (USA-W 1)

AAHFRP Medical Exercise Specialist (MES)

CPR/AED Certified

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Ongoing Research and Development of Continuing Education Modules For Focus Staff

Top Ten Sports Supplement Strategies for Enhancing Performance (Jose Antonio, Ph.D., FACSM, FNCSA, FISSN)

Block Periodization (Tony Schwartz, BS) **Core Training** (Frank Dolan, B.S., CSCS)

Arm Care (Brian Becker, MA, PT) **Medball Power** (George Loft, CSCS)

Cause of Injury/Common Injury in Baseball/ Injury Prevention and Pre-Hab (Eric Cressey, MS, CSCS)

Strength 101 (Dana Cavalea, MS, CSCS, NASM-PES, USA-W and George Loft, CSCS)

Reducing the Risk for Hamstring Strain (Frank Velasquez, CSCS, ATC)

Sport Specific Lifting (Panel with Dana Cavalea, MS, CSCS, NASM-PES, USA-W, Frank Dolan, BS, CSCS and George Loft, CSCS)

Big League Speed?.It Goes Beyond the Drill (Frank Dolan, BS, CSCS)

Multidirectional Speed Concepts for Baseball (Frank Dolan, BS, CSCS)

Nutrition for the Modern Day Ball Player (Karen Sossin, MS, CDN)

Coaching Essentials(Dana Cavalea, MS, CSCS, NASM-PES, USA-W)

The Mental Side of the Game (Panel with Dana Cavalea, MS, CSCS, NASM-PES, USA-W, George Loft, CSCS, and Frank Dolan)

Balancing the Musculoskeletal System (Christopher Johnson, MPT)

Technique; What's Right, What's Wrong? (Christopher McGrath, MS, CSCS)

The MELT Method (Sue Hitzmann, MS, CST, NMT)

Joint Friendly Strength Training (Nick Tumminello, ACE-CPT, NASM-CPT)

The Art of Exceptional Training (Martin Rooney, MHS, PT, NASM-CSCS)

The Movement Code: Movement Screening & Program Design (Lee Burton, PhD)

Secrets of Body Weight Training (Martin Rooney, MHS, PT, NASM-CSCS)

Innovation in Movement Training (Juan Carlos Santana)

Kettlebell Basics(Earnest Hudson Jr., MS, CSCS)