

Lacrosse Preseason Camp 2011

About the HIT CENTER

Managing Director: Kevin M. Sowers
- Exercise Physiologist, MS

Kevin is a native of Martinsburg, WV where he was a three sport letterman at Hedgesville High School. He went on to Marshall University on a Track Scholarship. He still holds the University and Southern Conference discus records. Kevin studied under Dr. Shepherd, the founder of the HIT Center, throughout his college career where he received his bachelor's and master's degree in Exercise Physiology. He was the first hire as the Assistant Managing Director, under Dr Shepherd, at the original HIT center founded in Huntington, West Virginia. He's been successfully managing a HIT Center for over 10 years. He has successfully trained thousands of athletes of all different levels including NFL players like Anthony Becht, Chris Crocker, Chris Massey, and David Foyle.

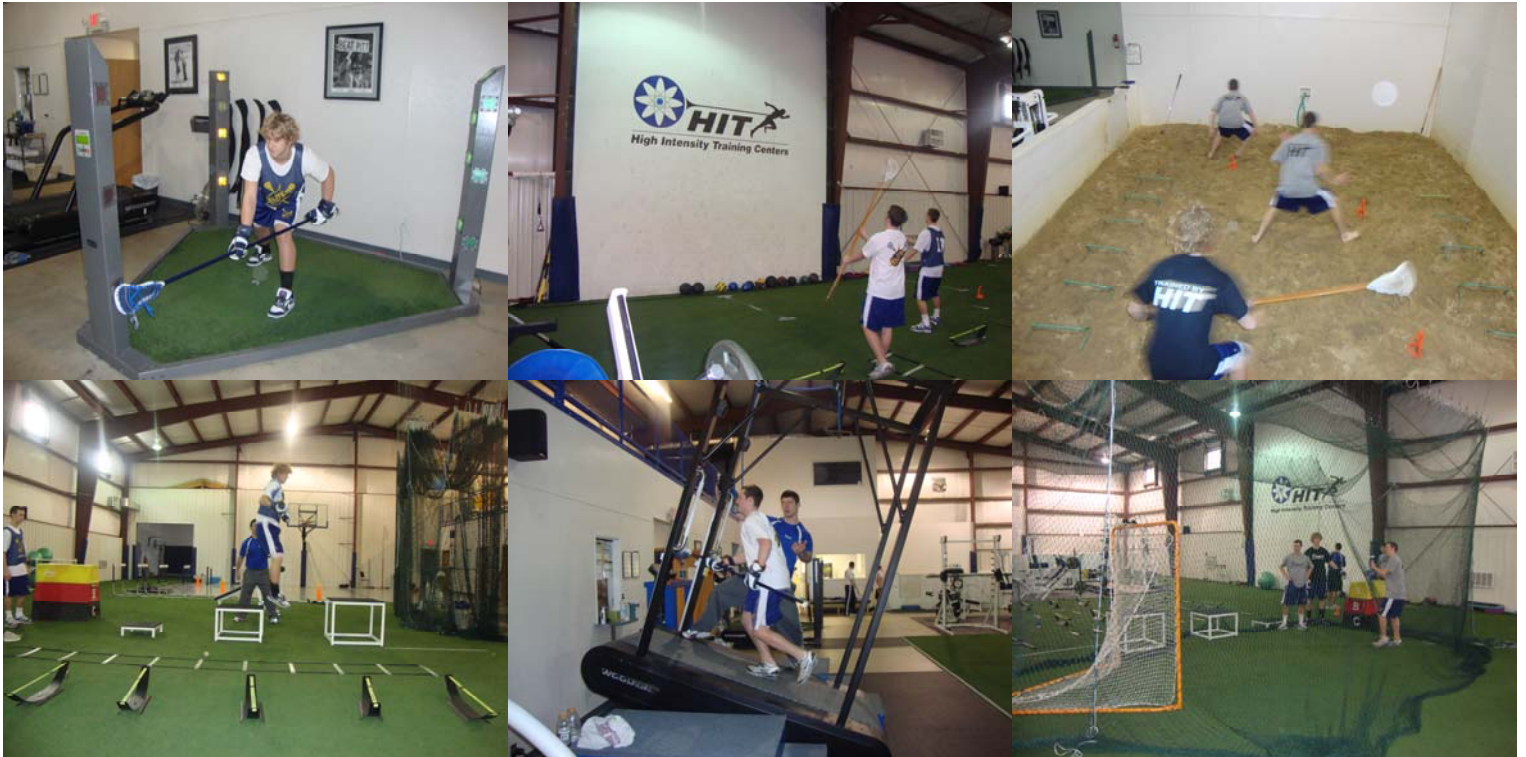
HIT Staff: The HIT Staff are all receiving or have received their degrees in Exercise Physiology and are HIT trained under the same system overseen by Kevin Sowers. **Nate Sowers** is the **Camp and Speed-up Director**. He has his Bachelor's degree in Exercise Physiology and is former starting WVU Football player.

About SPORTING ELITE

Owner/Coach: Thomas Moore

Thomas was a Morgantown High School lacrosse attack-man from 2000 to 2003. He began coaching as a volunteer assistant coach, for the Mohigans, in 2004. He became the assistant head coach in 2006 and in 2007. In 2008 Coach Moore became the first "homegrown" West Virginia head coach leading the Mohigans to a West Virginia state title in 2008 and a runner-up state title in 2009. Coach Moore graduated from West Virginia University with an BA in Music Education, where he played on the WVU Men's Lacrosse team for two years, and was a member of the WVU "Pride of West Virginia" Mountaineer Marching Band for four years. He is now the Director of Music, middle school assistant football coach and middle school assistant girls basketball coach at Clay Battelle Middle/High School. Coach Moore is also the president of West Virginia's only post-collegiate men's lacrosse team, Da Lazy Lizards, located in Morgantown, WV.

Sporting Elite Staff: The Sporting Elite staff are the most qualified lacrosse individuals in West Virginia. Our staff includes former collegiate lacrosse players, current middle school coaches, current high school coaches, and current collegiate coaches for both male and female players.



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