

Kevin Brochu, CSCS

Prior to joining Planet Fastpitch, Kevin served as the Sports Performance Director at Northeast Sports Training in Rhode Island and the Regional Performance Director for CATZ located in Massachusetts. Kevin had previously been the Head Strength & Conditioning coach for Johnson & Wales University, The University of Massachusetts – Boston, The Rivers School, Belmont Hill School and The Roxbury Latin School.

Kevin is currently the Strength & Conditioning Coach for the Saugus Silverhawks AAU baseball team. Some of the athletes he has previously worked with have played for the USA Men's & Women's Olympic Ice Hockey teams, NHL and Major League Baseball. Kevin currently serves as the National Strength & Conditioning Association (NSCA) State Director for Rhode Island. He has lectured and presented at the regional and national level for organizations such as USA Youth Soccer and the NSCA. Kevin is a contributing writer for LiveStrong.com and also has written for the New England Hockey Journal and has been published in the International Journal of Sport Physiology and Performance. Kevin is a Certified Strength and Conditioning Coach as well as a Level 1 Club Coach with USA Weightlifting.

He received his BS in Sports Medicine from Lyndon State College in Vermont, and is currently pursuing his dual MS in Sports Management & Sports Medicine from the United States Sports Academy.