

## **Ron De Angelo, M.Ed., L/ATC, FAFS, FRC**

Ron De Angelo, a Movement Specialist and Performance Enhancement Specialist, has a wide range of experience and education in sports medicine and sports performance training. He earned a Bachelor of Science in Physical Education from St. Bonaventure University in 1981 and received his Certification in Athletic Training from the State University of New York at Cortland in 1984. He also earned a Master of Education with a Sports Medicine concentration from the University of Central Florida in 1990. In addition, Ron holds several certifications including: Athletic Trainer – National Athletic Trainers Association (1984), Strength and Conditioning Specialist – National Strength and Conditioning Association (1990), and Performance Enhancement Specialist – National Academy of Sports Medicine (2001), Fellow Applied Functional Science – Gray Institute (2008), TPI Golf Performance Specialist (Level 1), NG 360 Golf Performance Specialist, Functional Manual Reaction (FMR) certified, Certification in Applied Functional Science (CAFS), 3D Movement Analysis and Performance Systems (3DMAPS) certified, EXOS Performance Specialist and Functional Range Conditioning (FRC). Level 1 USATF.

Ron started his career in 1984 as a Staff Athletic Trainer and Fitness Instructor for the Palm Beach Institute of Sports Medicine, Inc. (PBISM), Boca Raton, FL. In 1986, Ron became the Director of Fitness and Athletic Training Services with PBISM through 1997.

In 1997, along with Cris Carter and Bill Welle, Ron founded the Cris Carter's FAST Program. This facility trains scholastic, collegiate and professional athletes in the areas of speed, agility, quickness, strength, and power. Some of the more prominent athlete clients include: Cris Carter, Randy Moss, Jake Reed, Dale Carter, Ki-jana Carter, Daunte Culpepper, Desmond Howard, Keith Byars, Corey Fuller, Chris McCalister, Vince Carter, Ivan Lendl and Steffi Graf.

In 1998, Ron became the Strength Coach for the Toronto Raptors Basketball Club, NBA while continuing to be an owner and consultant for the FAST Program. During his tenure with FAST and the Raptors, he trained Randy Moss, NFL Rookie of the Year, 1998 and Vince Carter, NBA Rookie of the Year, 1998. He trained Hall Of Famer, Cris Carter, NFL All-Pro 1996 – 2000; Randy Moss NFL All-Pro 1998 – 2000 and Dante Culpepper, NFL All-Pro 2000. He also trained Vince Carter NBA All-Star, 1999 and Antonio Davis NBA All-Star 2001.

In October 2004, Ron was named the Director of Sports Performance in Pittsburgh, Pa. During this time, he has trained: Bobby Engram/ Seahawks, Bruce Gratkowski / Buccaneers, Jason Spitz/ Packers, Antonio Brown/Steelers, Kevin Orie /MLB and Kevin Slowey/MLB, Josh Bell/MLB and Keona Kela/MLB, Ali Riske/WTA.

# Kristine Jost

**VILLANOVA UNIVERSITY** - Cum Laude Honors Program

**NCAA D1 Champion** (Indoor 3000m)

- 6 x All American (XC & T/F)
- 5 Big East Titles
- Penn Relays Champion (4x1500)
- USA World Junior Team (1500m)
- Honda-Broderick Award Winner (XC-Region I)

**NEW BALANCE NATIONALS** - Elite Athlete Coordinator

**BULLIS SCHOOL** - Asst. Coach

Private Coach (800-XC)

Level 1 USATF

Certified Sports Nutrition & Psychology

**ATHLETE HONORS:** Achievements of Athletes I coach(ed) ...

Tinoda Matsatsa

- 2023 *New Balance Nationals* Boys 800m Champion
- 1:48.2 (US #3 ALL-TIME!)
- 2023 US #1/Maryland State Record
- PRs: 800@ 1:48.2, 1000@ 2:25.6, Mile@ 4:10.7

Bullis School Girls Sprint Medley (SMR: 1600m Relay)

- 2023 *New Balance Nationals* Champions (3:59.8)
- 2023 US #1/MD #2 ALL-TIME!

Mia Cochran (Moon Area HS 2022)

- 9x PA State Champion (800, 1600, 3000, XC)
- 4x All-American (New Balance & Nike Nationals)
- 3200m PIAA State Record
- PRs: 800@ 2:09.2, Mile@ 4:39.2, 2Mile@ 10:04.5

Hayley Jackson (Patuxent HS 2017)

- 14x MD State Champion (800, 1600, 3200, & XC)
- Indoor 1600m Maryland State Record (4:45.5)
- 5x 2A State Records

Leah Stephens (Good Counsel HS 2023)

- Maryland State Record Outdoor 3200m 10:03.5/Indoor 3200m 10:08.9
- Maryland State Record Indoor 2Mile 10:09.09
- PRs: 800@ 2:13.1, Mile@ 4:47.3, 3200@ 10:03.5

·8 athletes earned *New Balance Nationals* All-American Honors

·4 athletes earned *Gatorade Player of the Year* Honors

·19 athletes won 47 State Championships - Maryland & Pennsylvania (800, 1600/Mile, 3000/3200m, & XC titles)

·Broadneck High School 4x800r State Champions

·Cambridge South Dorchester High School MD 1A XC State Champions

·3 athletes earned Brooks PR Invites (Girls Mile, 2Mile; Boys 800)

# Mark Hunkele

Mark Hunkele is a coach, competitive runner and triathlete. He is passionate about coaching runners and athletes of all ages.

Mark's goal is to help every person have the best experience possible in running and training. He works with athletes to devise an individualized science-based plan to help each athlete achieve his/her goals.

Mark individualizes training so that every person gets the best training possible. Mark feels it's very important for every runner to have fun, keep a positive attitude, focus on achieving their goals and be determined to always do their best. For the runners he coaches, his goal is to foster a love of running where the young runner will become a lifelong runner.

Mark is the head coach for Pine-Richland High School's Cross Country and Track and Field teams. Mark has coached both teams for the past 6 years and has been head coach of cross country for 5 years and track for 4 years. Mark specializes in coaching the distance and mid distance runners but works with runners of all distances. As head coach, Mark oversees the entire cross country and track and field programs for the Pine-Richland School District.

The runners and teams he coaches continue to enjoy great success. His teams and athletes are enjoying great success at the district, state and national level.

Mark also has extensive experience coaching youth running, triathlon and fitness programs.

Mark is the race director of the Ram Run 5K and 1 Mile Race in October at North Park in Pittsburgh and also directs 2 track distance festivals each year - one at the beginning of November and one at the end of May.

Mark has been running since he was 13. Mark started running after picking up an application for the Pittsburgh Great Race 10K, one of the largest races in the country. He ran this race one month later and was hooked on running. He has run hundreds of races including cross country and track meets, road races and triathlons. He enjoys racing all distances, but his favorite events are the marathon and Ironman Triathlon. Mark has run 63 marathons including 10 marathons run during Ironman Triathlons. Mark's personal best marathon is 2:43.34 run in the 2004 Philadelphia Marathon. He has run 16 Boston Marathons and in 2004 finished 126th overall male. His best place in the Pittsburgh Marathon is 14th in 2000. Mark's best Ironman time is 10 hours 23 minutes. In 2017 he finished 8th out of over 400 people in his age group at Ironman Lake Placid and missed qualifying for the Hawaii Ironman World Championships by 2 places (3 minutes).

Mark and his wife Jenene and have 4 children and have lived in Pine Township since 2004. Three of his children attend Pine-Richland schools and one is a sophomore cross country and track runner at the University of Pittsburgh. They are all active in running, cross country, track, triathlons and other sports.  
[coachmarkhunkele@gmail.com](mailto:coachmarkhunkele@gmail.com) or at [412-897-1309](tel:412-897-1309).