



Maximum Athletic Performance



Sport Specific Strength and Conditioning

Contact Information

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maximumathleticperformance.us

MAP sports specific training center implements scientifically based programs for speed and overall sports performance. We combine various strength and conditioning philosophies focused on acceleration, agility, eye/hand/body coordination, and nutritional counseling to provide a safe, well balanced training program. MAP maintains an excellent athlete-to-trainer ratio, providing each individual with the personalized attention necessary to achieve his or her goals. Our comprehensive approach enables you to gain and learn to maintain a competitive edge in your chosen sport

Pliometrics- are explosive movements designed to improve multi-directional quickness, agility, power, and vertical jump while maintaining the proper center of gravity. You will be coached through a progressive series of drills, ultimately increasing your muscle quickness and efficiency. Steven A. Morgan, sport specific strength and conditioning coach is known by athletes simply as the “Guru” and “plio-man” is the creator of the program. Mr. Morgan has been practicing pliometrics since 1990, during this time Steve has worked to make pliomeric training safe and efficient for young athletes as well as delivering a significant competitive edge. Steve has been a Big Ten strength and conditioning coach at Michigan State University, NBA strength consultant, Philadelphia 76ers. Steve, has also studied, coached, trained and lectured trainers and coaches in Russia, South Korea, China, Sweden, Japan, Iceland and many other countries. The system is intense and unique in the way it is designed and will deliver unprecedented results for any athlete at any level.

Originally from Lansing, MI, Steve is a graduate from Michigan State University, and has been a certified Personal Trainer since 1991. Strength and conditioning coach since 1993, pitched for Eastern Michigan and MSU Spartan baseball teams. Certifications include NSCA-Certified Personal Trainer, NASM- Personal Trainer, IFPA-Strength and Conditioning Specialist, AFFA- Personal Trainer. Plus an extensive personal background of high-level athletics, Steve has enjoyed the practical experience of training top athletes from High School and beyond.....

Teams

Sexton H.S (boys basketball- league/district/regional champs-coach Mike Major)

E.Lansing H.S (football league/district champs-coach Jeff Smith and Bill Ferraco)

Grand Rapids Forrest Hills Northern (girls volleyball)

Grand Rapids Catholic Central (54-2 2009-10 includes runner-up 09 and state championships 10-coach Colleen Tate)

Mott Community College (mens basketball- national champs- coach Steve Schmidt)

Aquinas College (womens basketball –coach Linda Nash)

MSU- Head strength and conditioning coach (olympic sports-athletic director Marilee Dean Baker)

MSU-Head strength and conditioning coach (womens volleyball 2-big ten championships and one final four – coach Chuck Erbe)

Philadelphia 76ers- (NBA- strength consultant 2 seasons-Coach Randy Ayers)

University Alabama Huntsville (mens hockey-coach Danton Cole)

Grand Valley State University (womens basketball coach Janeel Burgess)