

ROB ORISTAGLIO
OWNER, ULTIMATE ATHLETES INC. & PROFESSIONAL GOLFER
PROJECT BÉISBOL AMBASSADOR

Certifications

- CSCS (Certified Strength and Conditioning Specialist) from NSCA (National Strength and Conditioning Association)
- Nike SPARQ Master Trainer
- GFI (Golf Fitness Instructor) from TPI (Titleist Performance Institute)
- CPR, First Aid, AED American Red Cross

Education

- Undergraduate education includes Exercise Science, Biology, and Athletic Training
- Graduate education includes Business, Biomechanics, Biomedical Science, and Medical School

Professional Accomplishments

- Partner with Red Sox Hall of Famer Mo Vaughn in Ultimate Athletes
 - Baseball/softball centric facility, but open to all athletes, offering comprehensive preparation including skills, strength and conditioning, recovery, PT, nutrition and meal prep, mental training, etc.
- Own and successfully operate Ultimate Athletes, Inc. since 2002
- Design and implement comprehensive training programs for athlete preparation based in scientific research, applied biomechanics, and metabolic physiology
- Programming incorporates technique application, power output, and movement efficiency.
- The techniques have produced record-setting results at the NFL Combine and college Pro Days around the country
 - Sabby Piscitelli (Tampa Bay Buccaneers) used short shuttle technique to set the NFL Combine record in 2007
- Member University of Pennsylvania Wharton Sports Business Initiative
- Board of Advisors Florida Atlantic University Exercise Science Department 2001-2018

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➤ Nike

- National leader for designing and operating Nike football, baseball, softball, and soccer camps 2002 – 2018
- Sent by Nike to Japan and Korea to film performance videos, train and test the NBA
- Korea, train top high school basketball players in Korea with NBA head coach Alvin Gentry
- Selected by Nike as one of the World's Top 20 trainers
- Participated in Nike Global Trainers Summits
- Helped design Nike's official training shoe, the Trainer 1, Nike Flywire, cleat patterns for football, baseball, soccer shoes
- Tested and designed Nike and Jordan shoes for over 10 years
- Tested Nike vision products, including Nike sport contact lenses and the Nike Strobe, the only vision-based reaction training product
- Designed Nike Beta program for Miami Dade County public school physical education programs

Athletes Trained

- NBA (including All-Stars, World Champions, dunk contest champion)
 - Tyler Johnson, Cleahtony Early, Joe Johnson, Ron Artest, Vince Carter, Tracy McGrady, Charlie Ward, Drew Nicholas...
- NFL (including All-Pro players, Rookie of the Year, and Superbowl Champions)
 - Ray Lewis, Randy Moss, Larry Fitzgerald, Anquan Boldin, Sabby Piscitelli, Giovanni Bernard, James White, Melvin Gordon...
- MLB (All Stars, World Series Winners, top round draft picks, All-Star MVP)
 - Jake Eder, Andy Painter, Ben Vespi, Danny Valencia, Joe Girardi, Bobby Bradley, Jeff Conine, Juan Pierre, Dontrelle Willis, Danny Meszaros...
- CFL, AFL, WNBA, ATP, WTA, PGA, LPGA and other professional leagues.
- UFC fighters Rashad Evans, Kamaru Usman, Roy Nelson, Todd Duffee, Anthony Johnson...
- USA Today 2004 Boxer of the Year Glen Johnson for both World Championship HBO Title Fight victories against Roy Jones Jr. and Antonio Tarver
- World Cup Soccer players for teams USA, Canada, Columbia...
- Hundreds of professional athletes in Canada, Europe, Asia, and South America
- 2009 Division II College Baseball World Series Champions, Lynn University

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- 2002-2009 Head Strength and Conditioning Coach for Lynn University's Men's Baseball and Basketball Teams, Women's Golf, Volleyball, and Basketball teams
- Over 1000 Division I, II, III NCAA scholarship athletes playing football, golf, basketball, baseball, softball, volleyball, soccer, tennis, lacrosse, swimming, etc.
- Over 10,000 high school athletes
- Multiple athletes from high school through college into the NFL (minimum 8 years training each)
- Multiple athletes from high school through college into MLB (minimum 7 years training each)
- Designed wellness and performance programming for Brevard County Sheriff's Office 2012-2015
- Designed performance programming and consulted for Orange County SWAT
- Designed performance programming and consulted for federal government operatives, SWAT operators, military special operatives, and special forces

Athletic Accomplishments

- Played baseball and golf for Barry University
- Martial arts
- World Long Drive Open Division Competitor from 2002-2019
- World Long Drive Senior Division Competitor 2023
 - #4 World Ranking
- Longest Drives: 504 yards, 472 yards, 455 yards
- Appearances at the 2009, 2013, 2014, 2017, 2019, 2023 World Championships