

Bob Alejo

Senior Executive staff member and elite Performance Practitioner with a history of success, collaboration, and a service to others.,

Elite Performance Clinic • Sacramento

staging-og1.up.railway.app/p/bobalejoperformanceexecutive

Statement

I have blended roles as a senior staff administrator and elite athletic performance coach, working with coaches, support staff, and front office executives to deliver a superior and winning product through service to others with a trustworthy, collaborative, and strategically planned visionary culture. Viewed as an industry professional of integrity and presence, I have an extensive network and leadership skills stretching across all disciplines, galvanizing and inspiring teams to work as One.

Education

Physical Education
California State University- Chico
Biological Sciences was my original major; Pre- Physical Therapy

PRINCIPLES

- Please and thank you.
 - Responsibility
 - Commitment
 - Development of trust
 - Not to be outworked
 - Start it, finish it
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ATHLETIC CAREER

Catcher — California State University- Chico
NCAA Division II - National Collegiate Athletic Association Division II | Baseball (Men) | 1976 - 1980
4-year starter, 2X All Conference; Chico State Hall of Fame, Chico State Baseball Lineup of Champions (HOF)

CAREER HISTORY

Director Of Performance And Health — Elite Performance Clinic
| | 2025

- Oversight of the day-to-day operations of athlete/client welfare.
- Transdisciplinary collaboration with PT's, performance practitioners, clinical and sports psychology, sports science, sports nutrition, and any adjunct services.
- Budgetary, hiring and marketing advising.

- Represent EPC on social media and in-person presentation regarding our mission.
- Provide leadership and vision for internal and external operations, and liaison to all stakeholders.

High Performance Advisor — Valor Biomechanics

| | 2024

- Consultant for Return-To-Play and performance, as well as product advancement, and strategic data gathering and analysis across all human performance stakeholders.

Strength and Conditioning Coach — Los Angeles Angels

MLB - Major League Baseball | Baseball (Men) | 2023 - 2025

- Assist the Director of Strength and Conditioning with programming, instruction, supervision, daily operation of the Major League strength and conditioning program, and joint oversight of the Minor League operation.
- Collaborative Return-to-Play practitioner.

Senior Advisor, Product/Brand Development And Innovation — Dynamic Fitness & Strength

| | 2023 - 2024

- Regional Manager of direct and associated dealer sales of Dynamic equipment for California, Nevada and Arizona.

Strategic Advisor, Human Performance — US Army, H2F, GAP Solutions Inc.

| | 2023 - 2024

- Consulting, certification, development, education and subject matter support.

Special Advisor- Athlete Performance, Rehabilitation And Recovery — Theradynamics

| | 2021

- Facilitate plans of care between surgeons and rehabilitation professionals.
- Developed proprietary applications and software with company's in-house technology team to facilitate industry leading individualized assessments for training, rehabilitation, recovery, and performance protocols.
- Assisted in the development of the company's performance quotient methodology that analyzes data collected from a proprietary battery of tests known as the Quantifiable Functional Neuromuscular Assessment (QFNA); identifies strengths, weaknesses, limitations, and susceptibility for injury specific to sport, position, and medical history.

Senior Associate Athletic Director- Performance And Student-Athlete Welfare — California State University, Northridge

NCAA Division I - National Collegiate Athletic Association Division I | | 2019 - 2022

- As the High-Performance Director, create the vision, communication and collaboration while having oversight over the Performance Units (Sports Medicine, Strength and Conditioning, Sports Nutrition, Sport Psychology, Sport Science).
- Program design and implementation for assigned teams.
- Director- Welfare, Health, Athletics & Medical (WHAM) Consortium; partnership and research development between athletics and campus academia (faculty, students).
- Covid Coordinator- Athletics Department coordinator, liaison to campus and the President's office.
- CSUN Student-Athlete Athletic Committee (SAAC)- Advisor.

High Performance Consultant — Kinexon

| | 2017 - 2019

- Assist in marketing and sport science development, implementation and education.

Director Sports Science — Power Lift

| | 2017 - 2020

- Represent Power Lift as an ambassador to their brand through the area of sport science- presentations, publications, practical's, partnerships, social media postings.
- Director, Sports Science Educational Board-- Conduct scientific, athletic performance research projects involving Power Lift equipment for research and development as well as product validation.

Assistant Athletics Director/Director of Strength and Conditioning — North Carolina State University

NCAA Division I - National Collegiate Athletic Association Division I | | 2011 - 2017

- Executive Team member which provides strategic leadership to 23 ACC sports programs.
- Responsible for day-to-day oversight of the 13-member Strength & Conditioning Unit.
- Design, implement and evaluate evidence and scientific-based strength and conditioning programs for 23 intercollegiate sports.
- Primary responsibility- Men's Basketball. *Additional duties: Director of Sports Nutrition for Men's Basketball.
- Administer and evaluate athlete tracking, technology and analytics.
- Implement and evaluate research-grade testing protocols.
- Establish and refine the vision, planning, professional services array, staff education and development of the Unit.
- Create the construct of retentions, recruiting, hiring and training of new Unit staff.

Strength and Conditioning Consultant — San Jose Earthquakes

MLS - Major League Soccer | Soccer (Men) | 2010 - 2010

- Design, implement, direct and supervise strength and conditioning programs.

Director Of Strength And Conditioning — Oakland Athletics

MLB - Major League Baseball | Baseball (Men) | 2008 - 2011

- Design, implement and evaluate evidence and scientific-based strength and conditioning programs for the entire Oakland Athletics baseball organization (MLB and Minor League [MiLB] level).
- Administer and evaluate testing protocols at all levels.
- Direct performance nutrition.
- Collaborative Return-to-Play member.
- MLB Supplementation liaison designee.
- Oversight of the MiLB Strength and Conditioning Coordinator and six (6) MiLB strength and conditioning and coaches, and associated teams; strategic financial planning.

Santa Barbara Strength And Conditioning Director — Santa Barbara Strength and Conditioning Director

NCAA Division I - National Collegiate Athletic Association Division I | | 2005 - 2008

- Design, implement and evaluate evidence and scientific-based strength and conditioning programs for 18 intercollegiate sports.
- Responsible for day-to-day oversight of staff, work study participants and strength and conditioning interns.
- Coordinate training schedules both inside and outside of the training facility (facilities were shared by athletics and academics).
- Implement and update education and recommendations for performance nutrition.
- Administer and evaluate all testing protocols.
- Collaborative Return-to-Play member.

Volunteer Strength And Conditioning Coach — Fordham University Volunteer Strength and Conditioning Coach

NCAA Division I - National Collegiate Athletic Association Division I | | 2003 - 2003

- Assist strength and conditioning staff in all areas of athlete physical preparation for all sports.

Head Strength And Conditioning Coach — 1993 US National Team/1994 World Cup Soccer Team

USA Soccer | Soccer (Men) | 1993 - 1993

- Design and implement flexibility, conditioning, strength programming and physical testing in coordination with the sports medicine staff of the U.S. Men's National Soccer Team.
- Submit budget, facility and training equipment recommendations for satellite training center construction.

Director Of Strength And Conditioning — Oakland Athletics

MLB - Major League Baseball | | 1993 - 2001

- Design, implement and evaluate evidence and scientific-based strength and conditioning programs for the entire Oakland Athletics baseball organization (MLB and Minor League [MiLB] level); Direct performance

nutrition.

- Oversight of MiLB Strength and Conditioning Coordinator, assistant coaches.
- Administer and evaluate all testing protocols.
- Financial planning for MLB and MiLB strength and conditioning budget. Collaborative Return-to-Play member.

*1997 Additional Duties: Bullpen Coach

Athletic And Human Performance, Injury Prevention — Alejo Athletic Performance Consulting Self-owned

| | 1984

- Advise, educate and audit private, organizational and institutional strength and conditioning programs, sport science integration plans, performance leadership, management structures and risk mitigation.

Head Administrator/Strength and Conditioning Coach — UCLA

NCAA Division I - National Collegiate Athletic Association Division I | | 1984 - 1993

- Design, implement and evaluate evidence and scientific-based strength and conditioning programs for 22 intercollegiate sports at the Nations #1 ranked Athletic Department.
- Primary responsibility- Men's Basketball.
- Directed budget management and administrative duties of the facility and Unit.
- Administer and evaluate all testing protocols.
- Maintain a working background in sports nutrition.
- Supervise volunteer and part-time assistant conditioning coaches.
- Administrate classes offered through the Cultural and Recreational Department.

Program Coordinator/ Strength and Conditioning Coordinator — Sports Medicine and Training Center

| | 1982 - 1984

- Acting Program Director in the absence of the top administrator.
 - Supervise and schedule training center staff.
 - Collaborate on marketing, fiscal budget, promotional appearances, and purchasing.
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