

Sara Mackenzie

Assistant Athletic Director, Strength and Conditioning (Baseball, Beach Volleyball, Football, Volleyball, Women's Soccer)

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

Biography

Sara MacKenzie, M.Ed, C.S.C.S., USAW, RKC

Sara MacKenzie is entering her eighth year as an Assistant Strength & Conditioning Coach at Cal Poly.

She began her career working as a graduate assistant in the Sports Performance Department at Arizona State University while completing her master's degree in Higher Education. MacKenzie earned her bachelor's degree in kinesiology from the University of Kentucky.

Mackenzie, who currently holds certifications with the NSCA and USA Weightlifting, is responsible for baseball, men's soccer, volleyball, beach volleyball, women's basketball, softball, men's tennis, track & field and men's and women's golf teams.

During her time at Cal Poly, the men's tennis and women's basketball teams have earned two Big West Conference championships while the women's soccer team claimed the title in 2013 and volleyball in 2017.

MacKenzie is a graduate of Lakota West High School in West Chester, Ohio, and currently resides in Shell Beach with her husband Jeremy."
