



JORDAN BLEDSOE

Owner/ Director of Sports Performance

Velocity Sports Performance - Westchester

CREDENTIALS

National Academy of Sports Medicine (NASM)

- Certified Performance Trainer (2011)
- Corrective Exercise Specialist (2013)
- Golf Fitness Specialist (2015)
- Youth Exercise Specialist (2017)
- Performance Enhancement Specialist (2019)
- Speed/ Agility/ Quickness Specialist (2020)
- Mental Toughness Specialist (2020)
- Performance Hydration Specialist (2020)

Titleist Performance Institute (TPI)

- Body/ Swing Connection L1 (2019)

HyperIce

- Hypervolt SMR & Vibration Therapy L1 (2020)
- Hypervolt Movement Enhancement Specialist (2020)

CONTACT

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EDUCATION & CAREER RECAP

Jordan Bledsoe is the Owner and Director of Performance at Velocity Sports Performance – Westchester.

He is credentialed through the National Academy of Sports Medicine with specializations in Corrective Exercise, Performance Enhancement, Golf Performance, Youth Exercise, Speed/ Agility/ Quickness, Mental Toughness, Performance Hydration, SMR & Vibration Therapies.

Bledsoe is a native of Dutchess County, NY where he attended Our Lady of Lourdes High School in Poughkeepsie playing Football and Basketball in New York's Section 1 Class A.

Jordan attended Fordham University (FCRH '11) in the Bronx and earned 4 varsity letters as a member of the Rams' football program. He served as team captain and earned All-Patriot League honors at Defensive Line in the '09/'10 campaigns.

After graduation, Jordan was hired to the Sports Performance staff at the small training facility he attended as a high school athlete. Jordan remained part of that organization into 2019, growing to 4 facilities nationally. In those 9 years, Jordan impacted thousands of athletes from Dutchess, Ulster, Orange, Putnam and Westchester County, NY as well as San Antonio, TX and beyond.

Jordan honed his skills working with athletes ranging from youth development, high school sport specific, post-injury correctives, professional athlete offseason programs, college athlete break periods as well as adult lifestyle athletes.

Jordan's passion for learning through experience has led him to spend time all over the country learning from the performance staffs at University of Texas – Austin, Penn State, UMass Lowell, NYU, Fordham as well as earning a great depth of diverse certifications that credential him to work with athletes in **45 sports** at all levels of development.

In 2019, Jordan became a partner at Velocity Sports Performance - Westchester, where he took the roll of Director of Sports Performance. Jordan brought with him a team training culture, an elite level attention to detail and a seamless system for not just improving athlete fitness, but developing the intangible qualities and values that transcend exercise and forage lifelong success.

In 1 short year, VSP Westchester has become the premier site for performance training in Westchester, Putnam and Southern Connecticut. Under Jordan's leadership, VSP has grown to a staff of 6 coaches with locations in Hawthorne and Armonk, NY.

Touting a unique and evolving training system, an exceptional coaching staff and a first-class training culture, Velocity Sports Performance – Westchester is postured to be THE name in New York Sports Performance for years to come.