

# Matthew F. Brisebois

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USC Upstate  
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## EDUCATION

- 2019      Doctor of Philosophy  
Texas Woman's University – Denton, TX  
Kinesiology - Emphases in Exercise Physiology and Nutrition  
Dissertation Title: "Acute Effects of Concurrent Exercise on Biomarkers of  
Angiogenesis and Cardioprotection in Sedentary Adults"
- 2014      Master of Science  
Texas Woman's University – Denton, TX  
Kinesiology – Emphasis in Exercise Physiology  
Thesis Title: "Caloric Expenditure During One Exercise Session Following  
ACSM and CrossFit Guidelines"
- 2011      Bachelor of Science  
University of North Texas – Denton, TX  
Kinesiology – Physical Education Teacher Certification  
Minor in Health Promotion  
Honors: Summa Cum Laude

## TEACHING

### *Academic Employment*

- 2019 – Present      Assistant Professor of Exercise and Sport Science  
University of South Carolina Upstate – Spartanburg, South Carolina  
Department of Human Performance and Health

#### Undergraduate Courses Taught:

- EXSC U301 (Exercise Physiology)
- EXSC U301L (Exercise Physiology Lab)
- EXSC U401 (Current Topics in Exercise Physiology)
- EXSC U459 (Sport Nutrition)
- EXSC U499 (Research Seminar)

Graduate Courses Taught:

- EXSC U740 (Advanced Exercise Physiology)
- EXSC U760 (Lab Techniques in Exercise Science)
- EXSC U770 (Advanced Cardiorespiratory Physiology)
- EXSC U798 (Special Topics in Exercise Science)
- EXSC U810 (Research Project I)
- EXSC U811 (Research Project II)

Student Evaluations:

- Average scores of 3.5 – 4.0 / 4.0 per semester

Academic Advising

- 37-66 advisees per semester

Guest Lecture

- EDHL U221 (Lifelong Health and Wellness), Maximal Aerobic Fitness and Energy Expenditure

2015 – 2019

Graduate Teaching Assistant  
Texas Woman's University – Denton, TX

Undergraduate Courses Taught:

- KINS 1683 (Strength Training and Functional Anatomy)
- KINS 3601 (Exercise Physiology Lab)
- KINS 4601 (Advanced Exercise Physiology Lab)
- KINS 4701 (Exercise Testing and Prescription Lab)
- KINS 4933 (Internship in Cardiac Rehab)
- KINS 4943 (Internship in Corporate Fitness)

Guest Lectures

- KINS 3623 (Foundations of Human Movement), Exercise Metabolism
- KINS 3623 (Foundations of Human Movement), Muscular Fitness Assessments
- KINS 4703 (Exercise Testing and Prescription), Pre-Exercise Evaluations
- KINS 3623 (Foundations of Human Movement), Field Tests of Physical Fitness

**Professional Certifications**

2014 – Present

Certified Strength and Conditioning Specialist (NSCA-CSCS)  
National Strength and Conditioning Association (NSCA)

2007 – Present

CPR/AED  
American Heart Association

- 2011 – 2016 Physical Education Teacher Certification (EC – 12)  
Texas Education Agency
- 2009 – 2019 CrossFit Level 1 Coaching Certification
- 2007 – 2009 Personal Trainer Certification  
Aerobics and Fitness Association of America (AFAA)

**Assistance in Program Development**

- 2021 Master of Science in Exercise Science

**Assistance in Course Development**

- 2021 EXSC U291 (Functional Kinesiology II)
- 2021 EXSC U290 (Functional Kinesiology I)
- 2021 EXSC U700 (Research Methods in Exercise Science)
- 2021 EXSC U730 (Statistical Analysis in Health Applications)
- 2021 EXSC U740 (Advanced Exercise Physiology)
- 2021 EXSC U760 (Lab Techniques in Exercise Science)
- 2021 EXSC U765 (Neuromuscular and Endocrine Physiology)
- 2021 EXSC U770 (Advanced Cardiorespiratory Physiology)
- 2021 EXSC U810 (Research Project I)
- 2021 EXSC U811 (Research Project II)

**Significant Course Revisions**

- 2020 EXSC U301 (Exercise Physiology) *revised for online teaching*
- 2020 EXSC U301L (Exercise Physiology Lab) *revised for online teaching*
- 2020 EXSC U401 (Current Topics in Exercise Physiology) *revised for online teaching*
- 2020 EXSC U499 (Research Seminar) *revised for online teaching*
- 2020 EXSC U459 (Sport Nutrition) *revised for Service Learning and online teaching*

### *Teaching Awards*

2024 Faculty/Staff Award for the Promotion and Integration of Information Literacy

2022 Service-Learning Teacher of the Year

### *Workshop, Training, and Seminar Attendance*

2024 Physical Activity as a Pillar of Healthy Longevity

2024 An Update on Caffeine and Performance, ACSM Webinar

2023 The Female Athlete – Energy and Nutrition Issues, ACSM Webinar

2023 Follow Your Gut, ACSM Webinar

2023 Nutrition for Mitochondrial Function, ACSM Webinar

2023 Teaching with Streaming Video, Clarivate Webinar

2022 The Role of Physical Activity in Type 2 Diabetes Management and Prevention

2021 Dairy Foods and Inflammation, ACSM Webinar

2021 Yuja Video Training

2021 Respondus Training

2021 Go the Distance, ACSM Webinar

2020 Promoting the Physical Activity Guidelines, ACSM Webinar

2020 Utility of DXA in Treating Athletes with Low Energy Availability/Eating Disorders, DXA Webinar

2020 Assessing Client Needs & Leveraging Hyperice Technology to Enhance Movement From Anywhere, HyperIce Webinar

2020 Flip-It Good: Maximizing Face Time with Students, Webinar

2020 Teaching Blended Two-Way Delivery, USC Upstate Workshop

2020 Remote and Online Communication Principles for Teaching and Learning Success, USC Upstate Workshop

2019 SARS introduction workshop, USC Upstate Workshop

- 2019 SARS searching for grant funding workshop, USC Upstate Workshop
- 2019 SARS proposal-writing workshop, USC Upstate Workshop
- 2019 Online Teaching Certification Course, USC Upstate Course

### **Mentorship**

- 2024 Undergraduate student mentee presented at Upstate Research Symposium (H. Ebberhardt)
- 2024 Graduate student mentee presented poster at Southeast ACSM Conference (J. Chatman)
- 2021 Mentored multiple students on my survey project, Dietary Practices and Supplement Use Among CrossFit Participants (T. Morneault, J. Corpuz, & K. Fowler)

## **SCHOLARSHIP**

### **Peer-Reviewed Publications**

- Zumbro, E., Duplanty, A., Gordon, R., Guerin, G., **Brisebois, M.**, Sokoloski, M., Rigby, B. (2023). In vitro mitochondrial and myogenic gene expression is influenced by formoterol in human myotubes. *Bulletin of the National Research Centre*, 47, 148.
- Brisebois, M.**, Kramer, S., Kamla, J., Wu, C., Lindsay, K. (2022). Dietary practices and supplement use among CrossFit® participants. *Journal of the International Society of Sport Nutrition*, 19(1), 316-335. – **12 citations; 39% acceptance rate**
- Gordon, R.A., Zumbro, E.L., Castleberry, T.J., Sokoloski, M.L., **Brisebois, M.F.**, Irvine, C.J., Duplanty, A.A., & Ben-Ezra, V. (2022). Whey protein improves glycemia during an oral glucose tolerance test compared to vigorous-intensity aerobic exercise in young adult men. *BMC Sports Science, Medicine and Rehabilitation*, 14, 147. – **2 citations**
- Brisebois, M.**, Kamla, J., Goins, J., Wu, K. (2021). Strategies for implementing high-intensity functional training into high school physical education. *Journal of Physical Education, Recreation, and Dance*, 92(5), 35-52. – **6 citations; 30% acceptance rate**
- Brisebois, M.F.**, Biggerstaff, K.D., Nichols, D. (2021). Cardiorespiratory responses to acute bouts of high-intensity functional training and traditional exercise in physically active adults. *The Journal of Sports Medicine and Physical Fitness*. – **4 citations**
- Castleberry, T., Irvine, C., Gordon, R., **Brisebois, M.**, Deemer, S., Henderson, A., Sokoloski, M., Ben-Ezra, V. (2020). The dose effect of whey protein on glycemic control in adults

with insulin resistance. *International Journal of Food Science and Biotechnology*, 5, 52-67. – **1 citation**

Castleberry, T., Irvine, C., Deemer, S. E., **Brisebois, M. F.**, Gordon, R., Oldham, M. D., ... & Ben-Ezra, V. (2019). Consecutive days of exercise decrease insulin response more than a single exercise session in healthy, inactive men. *European Journal of Applied Physiology*, 119, 1591-1598. – **4 citations**

**Brisebois, M.**, Rigby, R., Nichols, D. (2018). Physiological and fitness adaptations following 8 weeks of high-intensity functional training in physically inactive adults. *Sports*, 6, doi: 10.3390/sports6040146 – **62 citations**

### **Manuscripts in Review**

**Brisebois, M.**, Gordon, R., Zumbro, E., Sokoloski, M., Duplanty, A., Rigby, B. (2021). Acute effects of concurrent exercise on circulating microRNAs -126 and -222. *In review at International Journal of Exercise Science*.

### **Professional Conference Oral Presentations**

**Brisebois, M.** (2022). Dietary Practices and Supplement Use Among CrossFit Participants: Findings, Recommendations, and Future Research Directions. International Society of Sport Nutrition National Conference. Fort Lauderdale, FL.

**Brisebois, M.** (2022). Dietary Practices and Supplement Use Among CrossFit Participants. South Carolina Upstate Research Symposium. Spartanburg, SC.

### **Professional Conference Poster Presentations**

**Brisebois, M.** (2024). Comparing fitness data of cadets in South Carolina to the general population: a pilot study, Upstate Research Symposium

**Brisebois, M.** (2022). Dietary Practices and Sources of Information Among CrossFit Participants, Southeast Chapter of the American College of Sports Medicine (SEACSM) Conference

**Brisebois, M.** (2019). Acute Effects of Concurrent Exercise on Biomarkers of Angiogenesis and Cardioprotection in Sedentary Adults: Preliminary Findings, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

**Brisebois, M.** (2018). The Relationship of Physiological and Fitness Variables to Performance in CrossFit®-based Exercise: Preliminary Findings, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

**Brisebois, M.** (2017). Physiological and Fitness Adaptations Following Eight Weeks of CrossFit® Exercise, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

**Brisebois, M.** (2016). Aerobic Energy Expenditure Comparisons Between One Traditional and CrossFit-Based Exercise Session, Texas Chapter of the American College of Sports Medicine (TACSM) Conference

**Conference Proceedings**

Chatman, J, Sung, Ming-Chih, and **Brisebois, M.** (2024) “Comparing fitness data of cadets in south carolina to the general population: a pilot study,” *International Journal of Exercise Science: Conference Proceedings*, Vol. 16: Iss. 3, Article 74.  
<https://digitalcommons.wku.edu/ijesab/vol16/iss3/74>

Morneault, T, **Brisebois, M**, Kramer, S, Kamla, J, Wu, K, Corpuz, J, Fowler, K, and Lindsay, K (2022) "Dietary practices and sources of dietary information among crossfit® participants: preliminary findings," *International Journal of Exercise Science: Conference Proceedings*: Vol. 16: Iss. 1, Article 249.  
Available at: <https://digitalcommons.wku.edu/ijesab/vol16/iss1/249>

Kramer, S, **Brisebois, M**, Kamla, J, Wu, K, Morneault, T, Corpuz, J, Fowler, K, and Lindsay, K (2022) "Dietary and sport supplement use and sources of information among crossfit® participants: preliminary findings," *International Journal of Exercise Science: Conference Proceedings*: Vol. 16: Iss. 1, Article 250.  
Available at: <https://digitalcommons.wku.edu/ijesab/vol16/iss1/250>

**Brisebois, M.**, Zumbro, E., Patton, B., Rowland, I., Gordon, R., Sokoloski, M., Guerin, G., Bernal, F., Duplanty, A. & Rigby, B. (2019) Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults: preliminary findings. *International Journal of Exercise Science: Conference Proceedings*, 2(11).

Oldham, M., **Brisebois, M.**, Castleberry, T., Gordon, R., Kayed, O., Rao, M., Simpson, A., Sokoloski, M., Zumbro, E., Ben-Ezra, V., & Biggerstaff, K. (2018). The effect of repeated 40 meter sprint trials on salivary cortisol in elite youth female soccer players. *International Journal of Exercise Science: Conference Proceedings*, 2(10).

Irvine, C., Castleberry, T., Oldham, M., **Brisebois, M.**, Deemer, S., Gordon, R., Henderson, A., & Ben-Ezra, V. (2018). Dose effect of whey protein on gut hormone responses in pre-diabetics and type 2 diabetics. *International Journal of Exercise Science: Conference Proceedings*, 2(10).

Castleberry, T., Irvine, C., Oldham, M., **Brisebois, M.**, Deemer, S., Gordon, R., Henderson, A., & Ben-Ezra, V. (2018). The dose effect of whey protein on insulin responses in pre-diabetics and type 2 diabetics. *International Journal of Exercise Science: Conference Proceedings*, 2(10).

Gordon, R., Irvine, C., Oldham, M., **Brisebois, M.**, & Biggerstaff, K. (2018). Body weight support on anti-gravity treadmill induces less physiological strain while running. *International Journal of Exercise Science: Conference Proceedings*, 2(10).

- Brisebois, M.,** Sokoloski, M., Rigby, B., & Nichols, D. (2018). The relationship of physiological and fitness variables to performance in Crossfit®-based exercise: preliminary findings. *International Journal of Exercise Science: Conference Proceedings, 2(10)*.
- Brisebois, M.,** Castleberry, T., Irvine, C., Deemer, S., & Rigby, B. (2017). Physiological and fitness adaptations following eight weeks of Crossfit® exercise. *International Journal of Exercise Science: Conference Proceedings, 2(9)*.
- Crossland, B., Rigby, B., Irvine, C., **Brisebois, M.,** & Nichols, D. (2017). Training manipulations based on acute heart rate variability measures. *International Journal of Exercise Science: Conference Proceedings, 2(9)*.
- Brisebois, M.,** Biggerstaff, K., & Nichols, D. (2016). Aerobic energy expenditure comparisons between one traditional and Crossfit-based exercise session. *International Journal of Exercise Science: Conference Proceedings, 2(8)*.
- Abruzzese, K., Patterson, D., Irvine, C., **Brisebois, M.,** & Biggerstaff, K. (2016). Comparison of cardiorespiratory responses during body weight-supported treadmill and standard treadmill exercise. *International Journal of Exercise Science: Conference Proceedings, 2(8)*.

### **Supervision of Student Research**

- 2024 Sander, C., & Reeves, D. The Effects of In-Season and Out-of-Season Plyometric Programs on Countermovement Jump in Female Collegiate Volleyball Players
- 2024 Ebberhardt, H. Physiological Responses to Endless Rope Climbing
- 2024 Ebberhardt, H. The Effects of Endless Rope vs. Battle Rope on HIIT Performance.
- 2024 Chatman, J. The Effects of Creatine Monohydrate on ACFT Scores and Physical Readiness
- 2024 Landers, B., Escalante-Justo, J., & Myers, A. The Effects of a Male Collegiate Soccer Sprint Training Protocol on Sprint Velocity
- 2024 Chatman, J. Comparing Fitness Data of Cadets to the General Population
- 2023 Rip, J. The Relationship Between Vertical Jump and Hand Grip Strength in Professional Baseball Players

### **Conferences Attended**

- 2024 South Carolina Upstate Research Symposium, Spartanburg, SC
- 2024 Southeast American College of Sports Medicine (SEACSM) Regional Conference, Greenville, SC



- 2023 Southeast American College of Sports Medicine (SEACSM) Regional Conference, Greenville, SC
- 2022 Southeast American College of Sports Medicine (SEACSM) Regional Conference, Greenville, SC
- 2022 South Carolina Upstate Research Symposium, Spartanburg, SC
- 2020 South Carolina Upstate Research Symposium, Spartanburg, SC
- 2019 National Strength and Conditioning Association (NSCA) Southeast Regional Conference
- 2019 American College of Sports Medicine Texas (TACSM) Regional Conference
- 2018 American College of Sports Medicine Texas (TACSM) Regional Conference
- 2017 American College of Sports Medicine Texas (TACSM) Regional Conference
- 2017 National Strength and Conditioning Association (NSCA) Texas State Clinic
- 2017 Dymatize Athlete Nutrition Conference
- 2016 National Strength and Conditioning Association (NSCA) Texas State Clinic
- 2016 American College of Sports Medicine Texas (TACSM) Regional Conference

**Grant Applications**

- Brisebois, M. (2024) USC Upstate Mini Grant, Comparing fitness data of cadets in South Carolina to the general population: a pilot study, \$75 (*Funded*)
- Wu, K. & Brisebois, M. (2022) USC Upstate ASPIRE II, Effects of High Intensity Functional Training on Cognitive Function, \$23,935.68 (Not Funded)
- Brisebois, M. (2021) USC Upstate Scholarly Start-Up Package, Dietary Practices and Supplement Use Among CrossFit Participants, \$5000 (Not Funded)
- Brisebois, M. (2019) Texas ACSM Student Research Development Award, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$2000 (Not Funded)
- Brisebois, M. (2018) Texas Woman's University Experiential Learning Program, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$1,500 (Not Funded)

Brisebois, M. (2018) Texas Woman's University Student Research Grant, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$500 (*Funded*)

Brisebois, M. (2017) National Strength and Conditioning Association, Acute effects of concurrent exercise on biomarkers of angiogenesis and cardioprotection in sedentary adults, \$7,479 (Not Funded)

Brisebois, M. (2016) National Strength and Conditioning Association, Physiological and fitness adaptations following eight weeks of Crossfit® exercise, \$3,000 (Not Funded)

## **SERVICE**

### **University Service**

2024 – Present	Peer Observation Teaching Fellow
2022 – Present	Academic Affairs Committee
2020 - 2023	Intercollegiate Athletics Committee
2020 - 2022	Student Services Committee Committee Chair from 2021-2022

### **Unit Service**

2024 – Present	Exercise Science Club faculty advisor and Vice President
2022 – Present	Exercise Science Program Point Person <u>Notable Duties</u> <ul style="list-style-type: none"><li>• Designing and approving revisions to the program's curriculum</li><li>• Meeting with students about our programs</li><li>• Review of applications for our Master in Exercise Science program</li><li>• Development of promotional material</li><li>• Promoting our programs at local conferences</li></ul>
2022 – Present	Exercise Science Program Assessment Coordinator <u>Notable Duties</u> <ul style="list-style-type: none"><li>• Gather data on courses to track progress</li><li>• Development of surveys to collect program feedback</li><li>• Development of continuous improvement plans</li><li>• Writing reflections on annual progress</li></ul>
2022 – Present	Exercise Science Lab Coordinator <u>Notable Duties</u>

- Training teaching assistants
- Maintaining equipment and supplies
- Developing lab rules and schedule
- Tracking lab inventory

2019 – Present	College of Education, Human Performance, and Health Curriculum Committee <u>Notable Duties</u>
	<ul style="list-style-type: none"> <li>• Critical review of documents over changes in curriculum before submission to the Academic Affairs Committee</li> </ul>
2024	Applied for the NSCA Education Recognition Program (ERP)
2024	Coach for USC Upstate Student Bowl team (SEACSM Conference)
2023	Faculty mentor for junior faculty member (Dr. Saracino)
2023	Conducted an Exercise Science Advising workshop
2023	Search Committee – Two Exercise Science Tenure Track positions Committee Chair
2022	Faculty mentor for junior faculty member (Dr. Sung)
2022	Search Committee – Dean of the College of Education, Human Performance, and Health
2022	Search Committee – Community Health Tenure Track position
2022	Coach for USC Upstate Student Bowl team (SEACSM Conference)
2021	Ad Hoc Mission Statement Committee

### **Community Service**

Spring 2024	Nutrition consulting for athletes from Byrnes High School
Fall 2023	Nutrition consulting for students and teachers at Byrnes High School
Fall 2023	Presentation on nutrition for FIGHT Club at Byrnes High School
Fall 2022	Nutrition consulting for athletes from Byrnes High School
Spring 2022	Nutrition consulting for athletes from Iron House Gym
Fall 2021	Nutrition consulting for athletes from Byrnes High School

Fall 2020	Nutrition consulting for athletes from Dorman High School
Fall 2017	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2016	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2015	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2014	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2014	CrossFit Gospel for Asia fundraising competition (organizer)
Fall 2013	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2012	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2011	CrossFit Champions of Hope fundraising competition (organizer)
Fall 2011	CrossFit ‘Turkey Burpee’ charity event (volunteer)
Fall 2010	CrossFit ‘Turkey Burpee’ charity event (volunteer)

### **Professional Service**

2021 – Present	<p>Director of Fitness (consulting position)  Mixed Partners – Dallas, TX  <u>Notable Duties:</u></p> <ul style="list-style-type: none"> <li>• Development of a thesis on fitness</li> <li>• Development of a comprehensive exercise movement library</li> <li>• Selection of exercise equipment</li> <li>• Exercise program design</li> <li>• Development of logic for motion tracking</li> <li>• Writing exercise instructions and cues</li> <li>• Review of exercise animations</li> </ul>
2024	Peer Reviewer, Journal of Performance Enhancement & Health
2024	Peer Reviewer, Journal of the International Society of Sports Nutrition
2024	Abstract Reviewer, Southeast ACSM Conference
2024	Scoring Judge, SEACSM Conference Student Bowl
2022	Scoring Judge, SEACSM Conference Student Bowl

- 2022 Poster Judge, SC Upstate Research Symposium
- 2020 Oral Presentation Judge, SC Upstate Research Symposium

### **Professional Memberships**

- 2014 – Present National Strength and Conditioning Association (NSCA)
- 2022 – Present International Society of Sports Nutrition (ISSN)
- 2015 – 2019 American College of Sports Medicine (ACSM)
- 2015 – 2019 Texas Chapter of the American College of Sports Medicine (TACSM)

### **OTHER EXPERIENCE**

#### **Other Work Experience**

- 2009 – 2019 CrossFit Coach  
CrossFit Flower Mound, Flower Mound, TX
- 2017 – 2019 Exam Reader  
Dallas, TX
- 2012 – 2015 Substitute Teacher  
Lewisville Independent School District, Lewisville, TX
- 2007 – 2009 Personal Trainer  
LA Fitness, Highland Village, TX
- 2007 Theatre Crew  
AMC Theatres, Grapevine, TX
- 2003-2007 Janitor  
First Choice Lenders, Highland Village, TX

#### **Athletic Experience**

- 2022 Iron House Liftmas Powerlifting Meet  
Men's 165 lb, 1st place Deadlift, 2nd place Bench  
Iron House, Spartanburg, SC
- 2022 CrossFit Crash Crescendo  
Intermediate Men's Division, 6th place 2022  
Crossfit Crash, Spartanburg, SC

- 2015 Battle of the Box  
Team Division, 1<sup>st</sup> place  
CrossFit Lewisville, Lewisville, TX
- 2014 CrossFit Europa Throwdown  
Team Division, 2<sup>nd</sup> place  
Dallas, TX
- 2012 CrossFit Regionals  
South Central Region, 14<sup>th</sup> place  
San Antonio, TX
- 2012 CrossFit Open  
South Central Region, 4<sup>th</sup> place
- 2011 CrossFit Regionals  
South Central Region, 19<sup>th</sup> place  
Houston, TX
- 2011 CrossFit Open  
South Central Region, 6<sup>th</sup> place
- 2010 CrossFit Games  
Team Division, 21<sup>st</sup> place  
Los Angeles, CA
- 2010 CrossFit Regionals  
South Central Region  
Team Division, 3<sup>rd</sup> place  
Dallas, TX
- 2009 CrossFit All-Cities Open  
Men's Division, 1<sup>st</sup> place  
Dallas, TX
- 2007 Alamo Showdown  
Teen Men's Division, 1<sup>st</sup> place  
International Natural Bodybuilding and Fitness (INBF)  
San Antonio, TX
- 2003 – 2007 Wrestling Team  
Marcus High School  
Multiple top placements in competition

**Ministerial Service**

- 2024 – Present Hospitality Team  
Ridgewood Church, Greer, SC
- 2018 – 2019 Men’s Leadership Team  
The Ridge Church, Carrollton, TX
- 2013 – 2015 Parking Team  
The Village Church, Flower Mound, TX
- 2012 – 2013 Men’s Bible Study Leader  
The Village Church, Flower Mound, TX
- 2012 Mission Trip to Romania  
The Village Church, Flower Mound, TX
- 2009 – 2012 Middle School Bible Study Leader  
The Village Church, Flower Mound, TX
- 2008 – 2009 Welcome Team  
The Village Church, Flower Mound, TX