I have been teaching exercise physiology, kinesiology, motor learning, and teaching methods classes since arriving at University Arkansas Pine Bluff 7 years ago. I not only bring expertise to my students through my education at the University of Arkansas, but also through my experience in coaching and teaching in the public schools and competing in sport throughout my lifetime. Currently, I am one of the top ranked triathletes in Arkansas and the nation, and am one of two individuals from Arkansas on the 2015 Team USA team headed to the World Championships. I am also on the 2014 World Championship team and have been on numerous teams prior to this, including Budapest, Hungary, Edinburgh, Scotland, and Concord, North Carolina.

My students identify with me because I am a highly competitive, all-around athlete that is very passionate about his profession. I bring this passion into my teaching daily and am able to connect to my students on a personal level. I was introduced at a very early age to track, basketball, baseball, and football and competed in these sports all the way through high school and college. Since many of my students are athletes themselves and followed similar paths, they understand my competitive nature and appreciate the passion that I exhibit.

My students quickly learn that my family is very important to me. They hear plenty about both my 7 year old son, Owen, and my 5 year old daughter, Ava. Both Owen and Ava compete in triathlon, swimming, and BMX. They also participate in gymnastics and dance. Both Owen and Ava have qualified for and have raced in the IronKids National Championship in triathlon. My wife, Brittany, and I really enjoy spending time with the kids and pushing them to be their best in whatever they do. We also enjoy traveling around the world and have lived in
South Africa and have spent time in Australia and Russia as well, in addition to the traveling we’ve done while competing in World Championships.