

Mike Hernholm

Playing Experience:

- Club: So Cal Wolfpack. ODP
- College: Fort Lewis College (DII) Cal State Dominguez Hills (DII)
- Pro: Pors Grenland

Coaching Experience:

- Club: Rio Durango FC U-10, 12 Boys, U-15 girls. Real Boise CF Youth Academy Coach.
- College: Fort Lewis College Womens Soccer (DII).

[Read Full Soccer Profile Here](#)

PRIVATE TRAINING

I offer personal training sessions on the field and in the gym

All aspects of the game

- Foundations
- Coordination & Balance
- Attacking and Finishing
- Defending and Awareness

Strength and Conditioning

- Weights
- Plyometrics
- Nutrition

All ages welcomed

\$40/Hour Private Session, \$65/Hour Small Group (2-5) Session, \$85/Hour Large Group (6-9) Session
Half off on first session.

Location to be determined upon players preference.

Contact:

Cell: 909-241-9150

