



Instructor George P. Loft

CSCS, B.C Sports Medicine & Exercise Physiology

Head Strength Coach LONG ISLAND DUCKS Professional Baseball Club

V.P of Team and League Sales for Zoosse.com

George was the first assistant for the Dowling College baseball team for the 2009-2010 season. He had a great experience going to the College World Series in 2009 where the team knocked off one of the top teams in the country before losing to the eventual World Series champs. George was the first base coach as well as working with the hitters and outfield.

George has coached at every level. He coached in the South Huntington School District for 11 years from junior high to the varsity team, Winning the Suffolk County Varsity coach of the year 3 times. George has coached with the Junior Ducks the past three summers. He has run winter clinics for teams as well as summer camps. As a player he played for Smithtown High School East before getting a baseball scholarship to Pfeiffer University in North Carolina. He continues to play today in the top Long Island amateur league.

As a strength coach George has been a leader in the strength and conditioning field for over 20 years. He has worked with everyone from the average fitness client to the professional athlete such as Edgardo Alfonso, John Halama and Mike Parissi. George was the Dowling College strength coach from 2006 to 2010 where he works with all 12 division 2 teams. He has been with the Long Island Ducks Professional Baseball Club for five years. He specializes in programs to improve human performance in sports and to keep athletes injury free.

George has worked with Academy Volleyball organization, the Long Island Junior Ducks and several high school high school football teams as well as several large camp organizations. These organizations do movement training as well as strength training to improve their on field skills. George loves the opportunity to see his athletes excel on the field of play.