



Jeff Teach

Mustang Boys' Fitness and Conditioning Coach

Nextlevelfast@gmail.com

- Former Azusa Pacific University Strength and Conditioning Coach
- Former Strength and Conditioning Intern with Chivas USA

Coaching Experience:

Mustang Soccer Coach – 6 years
Azusa Pacific University Assistant Coach
La Canada High School Assistant Coach

Playing Experience:

Azusa Pacific University
Linfield College

Licenses:

NSCA Strength and Conditioning Specialist
IYCA High School Strength and Conditioning Specialist
IYCA Speed and Agility Specialist