



## **Jeff Teach**

Mustang Boys' Fitness and Conditioning Coach

[Nextlevelfast@gmail.com](mailto: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