

Coach Rich Lansky, CSCS

Graduate -Syracuse University
Certified Strength and Conditioning Specialist
ACSM Certified Health/Fitness Specialist
USA Weightlifting U.S. International Coach
Asst. Coach – 2003 & 2004 Jr. World Team
Assistant Coach – 2002 Pan Am Team
Head Coach – 2004 Mermet Cup Team
Head Coach –2007 World University Cup



Personal Coach to International Olympic Sport,
Pro Football, Baseball, Soccer & Tennis Players

1992 APA National Powerlifting Champion

NFL COMBINE PREPARATION
SPECIALIST

Clinician for USAW Coaching Education

22 years of Coaching Experience



OPTI's cutting edge, proven programs and philosophy are frequently featured in local and national media.

Rich Lansky's Optimum Performance Training, Inc.



*LET US PUT OUR KNOWLEDGE &
EXPERIENCE TO WORK FOR YOU!*



OPTI's 2500 square foot, air conditioned private training facility provides a perfect environment for you to achieve your health, fitness and performance goals.

We will be focused on meeting your training needs with expert coaching and a scientifically-based, safe and effective program.

OUR NATIONALLY ACCLAIMED STAFF

Kevin Caldabaugh, MS, CSCS,

USAW Certified Senior Coach

Graduated from UNF and UF

Formerly worked on staff at the University of Florida Strength and Conditioning Staff
Extensive Background with Special Pops

Shelby King, BS

USAW Sports Performance Coach

Graduated from UF

Extensive Background in Gymnastics, Weightlifting and Cheerleading



Whether you want to get in shape for a sport, improve your general health and fitness levels or transform your body, our staff is ready to help you achieve your own individual goals!

We also offer adjunct services with certified athletic trainers, registered dietitians, and soft tissue specialists.

CALL TODAY 941-342-0454

2183 Porter Lake Drive, Sarasota, FL 34240

www.sportperformance.com