

Personal Trainer Bio

Kraig Erickson



**DAC Trainer Since:
March 2007**

Education / Certifications:

BA University of Washington 1993
USA Triathlon Coach, Level I

Experience:

12 Years Competitive Swimming
5 Years Triathlon Participant
10 Years Police Officer

Professional Areas of Interest:

Year-round strength training for endurance athletes
Nutrition

Personal Areas of Interest:

Snowboarding, Triathlon Participation, Soccer, Cycling, Poker, Surfing, Watching Ducks Soccer (wife is head coach) and Sports

Favorite Quote or Philosophy:

“Every day spent with your children is a special gift.”

Home Town:

Seattle, Washington