

## **Coach Paul Linn – Strength and Conditioning Coordinator**

Coach Paul Linn is in his seventh season as the Strength and Conditioning Coordinator for Central Dauphin. He earned a Bachelors Degree from Bloomsburg University in Exercise Science with a concentration in Corporate and Sport Specific Fitness. He continued his studies at Bloomsburg University by earning a Masters Degree in Exercise Physiology with a focus on Kinesiology. During his Masters program he assisted in several published studies on the affects of creatine on athletes.

He also spent two seasons with Bloomsburg University's Strength and Conditioning program working specifically with the Football, Basketball and Soccer teams. After his time at Bloomsburg University, Coach Linn served as the Strength Coach for all Bloomsburg High school athletics before arriving at Central Dauphin.