



Marc Buccellato

Director, Strength Conditioning Program

AP Hockey Systems

Marc brings the gym to you and helps you achieve your goals through the newest strength and conditioning techniques. Marc Buccellato is owner and head coach of On the Marc Training. Marc is a member of the National Strength and Conditioning Association. He holds certificates in Poliquin Training and Functional Movement Screening. Marc's passion for exercising began at an early age. He pursued his career by earning a B.S. in Exercise Science and Sports Studies from Rutgers University where he Co-Captained the Hockey team his senior year.

After graduating, Marc realized that to be the best, you must learn from the best. Marc accomplished this by attending three of the best mentorships that Strength and Conditioning has to offer. Initially, he studied with Mike Boyle of MSBC in Boston, MA. Additionally, he studied at the Athletes Performance Institute/ EXOS in Phoenix AZ, as well as the Charles Poliquin Headquarters in East Greenwich, RI. There he learned to train all levels of athletic abilities. Learning how to maximize strength and speed while preventing injury is Marc's main concern. He attended New York Islanders Rookie Camp to observe how Strength and Conditioning coaches Derrek Douglass and Sean Donellan prepare prospective candidates for the NHL.

Currently, Marc is the Strength and Conditioning Coach as well as the consultant for Rutgers University Ice Hockey and St. Mary's High School Hockey. He directs all aspects of training both hockey teams in and off-season. Marc designs specific programs to enhance each player's skills and maximize their performance. His passion for Strength and Conditioning keeps growing and each day looks forward to helping clients be the best they can be.

Accomplishments:

- B.S Exercise Science & Sports Studies Rutgers University
- Charles Poliquin Certified Personal Trainer
- Rutgers University Ice Hockey Strength and Conditioning Coach
- St. Mary's High School Hockey Strength and Conditioning Coach
- Played Junior A Hockey for Hawkesbury Hawks and Philadelphia JR Flyers
- Co – Captain Rutgers University Hockey team 2012-2013
- Functional Movement Screening Certified (FMS)

- MSBC Mentorship Boston, MA
- API/EXOS Mentorship Phoenix, AZ
- Perform Better "Learn By Doing" Seminar NJ
- Intern under Rob Walber CrossFit Flushing
- Trainer for Forward Strides 8-12 yr. olds
- Intern under Frank Gilroy, PAL Islanders
- Intern under Dean Maddalone Professional Performance