

Coach Tim Crowley, CSCS, RSCC

Tim is entering his 15th year as Head Strength and Conditioning Coach at Montverde Academy in Montverde, Florida. In this role, he oversees the performance development of all varsity and academy athletic programs, implementing comprehensive training systems that integrate strength, speed, and conditioning.

In addition to his work at Montverde Academy, Tim is the owner of TC2 Coaching, an endurance coaching and consulting business specializing in triathlon and performance development. He holds the Certified Strength and Conditioning Specialist (CSCS) and Registered Strength and Conditioning Coach (RSCC) designations through the NSCA, along with elite coaching certifications from USA Triathlon and USA Cycling.

Tim has been recognized as USA Triathlon's Elite Coach of the Year and Development Coach of the Year, reflecting his impact across both high-performance and developmental levels of the sport. A graduate of Springfield College with a background in Athletic Training, he has coached athletes to World Championship, Ironman Championship, and National Championship titles.

His experience spans both endurance and team sports, with 21 former athletes currently competing in the NBA including current ROTY Cooper Flagg. In addition to numerous professional baseball and soccer players worldwide. Tim is also a frequent speaker at clinics and conferences and has contributed to multiple publications in the areas of triathlon and strength and conditioning.