

Danny Copeland

A devoted Christian, motivational speaker, dedicated family man and a Super Bowl XXVI Champion. Danny was born and raised in Meigs, GA and attended Thomas County Central High. He later attended Eastern Kentucky University where he studied criminal justice. Danny is the founder and president of COGI Athletic Company, INC. The creator of the Champions Certifications. Danny started his training career as a client of the Egoscue Therapy, Health, Education Clinic, learning to combat chronic pain through exercise. Later, he became a certified fitness trainer through the National Strength Professionals Association (NSPA). As a certified fitness trainer, Danny molded what he considered the best therapy principles and cutting-edge training applications based on his varied experiences. Eventually, he became a sought-after presenter for speed and athletic development clinics. In 2007, Danny began researching popular programs and educating other trainers on how to incorporate safety and rehab principles into training for specific populations. In 2008, he developed the first training manual for COGI Athletic trainers. By 2013, he and his training team assisted athletes in earning scholarships to over 60 colleges and universities.

Danny is proud to see some of his former student athletes continue their careers as NFL, NBA, and MLB draft choices. They've won multiple NCAA national championships in baseball, football, softball, and equestrian riding. They have also won individual and national championships, PGA tour events, major equestrian events, high school soccer, tennis, swimming, kayaking, cross country, and track state championships. Many of his certified trainers have gone on to become Master's and PhD holders, physical therapists, and Division 1 college strength coaches. Student trainees are now physicians, psychologists, physical therapists, and state champion coaches. As the creator of the Champions Certifications, Danny states his mission is to help develop more champion trainers: professionals with the knowledge, wisdom, and discipline necessary to produce more CHAMPIONS.

Some of his **Notable mentions and accomplishments include Advisory board member:** The First Bank, Next Level Training and Motivation, Inc. (Thomasville, GA), and Joshua's Promise, Inc. (Meigs, GA). **Sports career highlights:** Washington Redskins Man of the Year, Super Bowl XXVI Champion and NCAA Academic All-American. **Infomercial:** Oppenheim Center for Aesthetic Dentistry. **Speaker:** Senior Life Insurance, United Way, FCA Southern Regional Technical College, The Gathering Place **Creator:** High 5 Study System, Next Level Training System, COGI Personal Trainer Certification Program, COGI Youth High Performance, COGI ATHLETIC PERFORMTECH SYSTEM, Next Level Life Group: Fitness 101 for Churches benefits.