



# NEXT LEVEL ATHLETE ADVANTAGE

**CONNECTING STUDENT ATHLETES TO EACH  
OTHER, TO THE NEXT LEVEL OF SPORT, AND  
TO LIFE SKILLS**







**WE BELIEVE IN THE POWER OF GUIDANCE,  
CONNECTION, AND EASING TRANSITIONS**

# **WHAT WE DO**

## **WE PROVIDE:**

- **A FREE ONLINE COMMUNITY FOR STUDENT-ATHLETES TO CONNECT AND NETWORK WITH EACH OTHER**
- **BIMONTHLY ZOOM CALLS FEATURING VARIOUS TOPICS RELATED TO SPORT AND LIFE**
- **RESOURCES FOR STUDENT-ATHLETES RELATED TO CHOOSING THE RIGHT SCHOOL/ATHLETIC PROGRAM, TRANSITIONING FROM HS TO COLLEGE OR COLLEGE TO LIFE, PERSONAL DEVELOPMENT, AND MORE**
- **MASTERMIND OPPORTUNITIES FOR BOTH STUDENT-ATHLETES AND COACHES OR PARENTS**







# WHO WE ARE

**WE'VE BEEN IN YOUR SHOES.**

**WE KNOW WHAT IT'S LIKE TO FEEL OVERWHELMED WHEN IT COMES TO COLLEGE CHOICES, CAREER CHOICES, PERFORMING ATHLETICALLY AT THE NEXT LEVEL, AND TEAM AND COACH DYNAMICS, NOT TO MENTION BALANCING BOTH SPORT AND ACADEMICS.**

**THE THREE OF US HAVE COME TOGETHER TO CREATE WHAT WE WISH WE HAD: A COMMUNITY AND RESOURCES TO HELP US NAVIGATE THE JOURNEY THAT IS BEING A STUDENT-ATHLETE.**

**WE LESSEN THE OVERWHELM AND GUIDE YOU TO MAKING THE RIGHT CHOICES FOR YOU IN YOUR PURSUIT OF SPORT AND LIFE.**







# LAURA BRUNO

**ATHLETE, ATHLETIC ADMINISTRATOR,  
PODCASTER, MOM**

LAURA IS A CO-FOUNDER OF NEXT LEVEL ATHLETE ADVANTAGE, AFTER HAVING BEEN A COLLEGIATE ATHLETE HERSELF.

SHE PERFORMED AS AN ALL-STATE ATHLETE IN CROSS COUNTRY AND A 2X STATE QUALIFIER IN TRACK.

LAURA COMPETED AT THE COLLEGE LEVEL AT TWO UNIVERSITIES, FINISHING HER ELIGIBILITY AT UNIVERSITY OF SOUTHERN INDIANA. SHE WAS ALL-GLVC IN THE STEEPLECHASE AND A NATIONAL COMPETITOR IN CROSS COUNTRY. SHE WAS ALSO PART OF THE STUDENT ATHLETE ADVISORY COMMITTEE AND ACTED AS COLLEGE FACILITATOR FOR THE NATIONAL FEDERATION OF HIGH SCHOOL SPORTS SUMMIT.

LAURA GRADUATED WITH AN EXERCISE SCIENCE DEGREE AND HAS WORKED IN PHYSICAL THERAPY AS A TECHNICIAN, AS WELL AS, IN THE FITNESS REALM AS A PERSONAL TRAINER. SHE HAS SINCE COMPLETED HER MASTERS DEGREE IN SPORT MANAGEMENT. SHE STRIVES TO USE HER OWN EXPERIENCE TO HELP OTHER ATHLETES MAKE THE BEST NEXT STEP IN THEIR FUTURES.







# CHRIS SWISHER

**ATHLETE, COACH, PODCASTER, FATHER**

CHRIS IS A CO-FOUNDER OF NEXT LEVEL ATHLETE ADVANTAGE, AFTER HAVING BEEN AN ATHLETE OR COACH THE MAJORITY OF HIS LIFE. AS A SMALL TOWN RUNNER IN HIGH SCHOOL, HE SHOCKED THE STATE OF INDIANA WITH HIS 1600M WIN IN 2001, AND EARNED THE ROBERT S. HENSHAW MENTAL ATTITUDE AWARD.

IAT MIAMU UNIVESITY OF OHIO, HE WAS A 4X ACADEMIC ALL-AMERICAN, A DIVISION 1 ALL-AMERICAN IN CROSS COUNTRY, AND COMPETED AT TWO UNIVERSITIES.

POST-COLLEGE, HE WAS AN 8TH PLACE FINISHER IN THE 5K ROAD CHAMPS, AND WENT ON TO BECOME HEAD TRACK COACH AT HAMILTON SOUTHEASTERN HIGH SCHOOL.

HE HAS A PASSION FOR MENTORING STUDENT-ATHLETES AND HELPING THEM MAKE THE RIGHT DECISIONS FOR THEIR FUTURES.







# AMY SNOW

## HALL OF FAME ATHLETE, LEADERSHIP TRAINER AND LIFE COACH

AMY IS A CO-FOUNDER OF NEXT LEVEL ATHLETE ADVANTAGE, HAVING BEEN AN ATHLETE HERSELF MOST OF HER LIFE.

SHE WAS A 4X STATE FINALIST IN SOCCER IN HIGH SCHOOL, WINNING THE STATE CHAMPIONSHIP HER SENIOR YEAR. SHE EARNED MULTIPLE ALL-STATE HONORS, ALL STAC HONORS, EARNED FIRST TEAM ALL AMERICAN HER SENIOR YEAR, AND HOLDS THE ALL-TIME NEW YORK STATE ASSIST LEADER FOR GIRLS SOCCER. SHE WAS INDUCTED INTO THE NEW YORK STATE GIRLS SOCCER HALL OF FAME, JOINING THE RANKS OF ABBY WAMBACH AND CRYSTAL DUNN, WORLD CHAMPIONS AND OLYMPIC GOLD MEDALISTS.

SHE THEN WENT ON TO PLAY DIVISION I SOCCER AT CORNELL UNIVERSITY, WHERE SHE CAPTAINED THE VARSITY SQUAD HER JUNIOR AND SENIOR YEARS, WAS NAMED IVY LEAGUE ROOKIE OF THE YEAR HER FRESHMAN YEAR, AND EARNED MULTIPLE ALL-IVY HONORS AND ATHLETIC ACADEMIC ALL-AMERICAN STATUS DURING HER TENURE THERE.

SHE NOW COACHES ATHLETES OF ALL LEVELS AS A LIFE COACH AND SPECIALIZES IN HELPING THEM TRANSITION FROM ONE LEVEL TO THE NEXT.

AMY BELIEVES BEING AN ATHLETE PREPARED HER FOR LIFE, AND IS PASSIONATE ABOUT HELPING YOUNG ATHLETES SUCCEED IN LIFE.







# JOIN OUR COMMUNITY

**REACH OUT TODAY!**

**LINK TO JOIN:**

**[NEXT-LEVEL-ATHLETE-ADVANTAGE.CIRCLE.SO](https://next-level-athlete-advantage.circle.so)**

**CONTACT US:**

**EMAIL -- [CONTACT@NEXTLEVELATHLETEADVANTAGE.COM](mailto:contact@nextlevelathleteadvantage.com)**

**FACEBOOK -- [@NEXTLEVELATHLETEADVANTAGE](https://www.facebook.com/nextlevelathleteadvantage)**

**WEBSITE URL --**

**[WWW.NEXTLEVELATHLETEADVANTAGE.COM](https://www.nextlevelathleteadvantage.com)**

