

What is R3VAMP Performance Training & Our R3VAMP Performance Center?

R3VAMP Elite Training is a full spectrum training program that is fundamentally built on a holistic (body, mind and spirit) approach to development. This is what the “3” in our name stands for. Our mission is related to training the whole entire person in pursuit of achieving “Flow State” (see below) both on the field and in everyday life.

R3VAMP Performance Training uses unique physical training techniques in conjunction with cognitive conditioning performance methods and positive psychology techniques to help individuals feel and perform their best, on and off the field. Our training modalities include things like reaction lights and hand-eye training tools that are unique to the health and wellness world. We also teach specifics on the importance of nutrition, sleep, hydration and breathing and offer consultation with our clients on routine and goal setting practices. Our clients range anywhere from youth, amateur and collegiate athletes, to clients with brain injuries, to everyday individuals who are simply looking to improve fitness or overall neurological functioning (i.e. memory, focus or functioning under duress). Some of our training modalities help individuals with:

- Strength & Conditioning
- Power & Explosion
- Speed & Agility
- Overall Athleticism & Fitness
- Mental Performance Techniques, Mental Health & Positive Psychology Practices
- Accountability, Discipline, Goal & Routine Setting Techniques
- Cognitive Overload & Cognitive Conditioning (working and thinking under pressure paired with physical or athletic work, both stationary and mobile depending on the client needs)
 - Decision Making
 - Processing & Reaction
 - Problem Solving
 - Performance Stress Exposure
 - Multi-Tasking
 - Focus & Attention
 - Overcoming Challenge
- Working Memory (scientific studies have shown that high “working memory” has a correlation to higher IQ and better performance in school and at work)
- Breathing Techniques, Balance, Body Awareness & Functional Movement
- Hand-Eye Coordination
- Vision (“Quiet-Eye”) & Reaction Training
- Nutrition & Hydration
- Sport Specific Training
- Recovery & Injury Prevention (Reflexive Performance Reset Practitioner)

The R3VAMP Performance Center (located in Hampton NH) is a training facility that focuses on the holistic approach encompassing the mind, body and spirit development of student-athletes. We offer things like brain training for sport and sport psychology skill development (in conjunction with strength, speed, skill work etc.). We also have college recruiting assistance, a space for homework to be completed, and a kitchen to support nutrition guidance. Each one of our coaches on staff has either a higher education in psychology or strength and conditioning (I have my Master's in Sport and Performance Psychology) and each of our coaches has at least collegiate playing experience. We train athletes of all ages and have performers in middle school, high school, college and even professionals who have taken part in our program (both male and female). We even train some of your current athletes. We also train teams as well as individuals and are always looking for new talented athletes to provide a safe, yet challenging, platform for development and growth.

What is "Flow State"?

"Flow State" is a scientific occurrence that happens within a person (physically and neurologically) when they are so engaged in their activity that they are able to achieve optimal performance. It is a place where nothing else matters and a person can be completely focused on the moment, trusting in all past and present experiences. Positive psychologist Mihály Csíkszentmihályi, defines the experience as "an optimal state of consciousness where we feel our best and perform our best." To learn more about it, visit our website!

Who Is Involved in R3VAMP?

Mike Hicks- Co-Founder Owner & Director of Athlete Performance

- D-II College level experience (Baseball)
- Bachelor's Degree in Psychology & Coaching Certification
 - Endicott College, Beverly (MA)
- M.S.S.P.P- Master of Science in Sport & Performance Psychology
 - University of Western States (OR)
- Other Certifications: Adventure Based Counseling, Debriefing Tools & Count Me In (Adventure Based Education Workshops)
- Mentored and advised by Team USA Baseball Management for 3+ years and trained current Division-I college baseball players (New England Stampede Baseball Program-Woburn, MA)
- Consulted with Justin Su'a and then interviewed with Sam Kennedy & Jared Porter of the Boston Red Sox (Mental Skills Position)
- Current baseball performance specialist at A's Baseball Center- Woburn (MA)
- Personal Training Certified
- Nutrition Certified
- RPR Level 1 Certified

Greg Molloy- Co-Founder & Remote Performance Specialist

- D-II College level experience (Football)
- Bachelor's Degree in Biology
 - Merrimack College, North Andover (MA)

- Owner and founder of Untamed Fit (Miami, FL)
- CrossFit Competitor
- Pararescueman in the United States Airforce

Paul Cinquegrana- Facility Director & Youth Performance Specialist

- Bachelor's Degree in Sociology & Minor in Psychology
 - University of Connecticut (2014)
- Member of the UConn Men's Ice Hockey Team
- Attended the Kent School in Kent, Conn. prior to his time with the Boston Jr. Bruins of the Eastern Junior Hockey League
- Spent some time playing forward in the FHL (Federal Hockey League), 2015-2016
- Head Coach UCONN Men's Hockey Team 2016
- Assistant Coach Haverhill High Hockey 2017 - 2019
- Assistant Coach Pentucket High School Hockey 2021 – 2022

Rob Sutton- Director of Strength & Conditioning

- Bachelor's Degree of Science in Sports Science, Lasell University (2011)
- Played Varsity Baseball and Roller Hockey at Lasell University
- Certified Strength and Conditioning Specialist (CSCS) through NSCA
- USA Weightlifting Level 1 (USAW)
- Corrective Exercise Specialist (CES) through NASM
- Certified Personal Trainer through ACE
- Previously held Precision Nutrition Level 1 Coach (Pn1)
- CPR/AED certified through the American Heart Association
- Exposure to Postural Restoration Institute (PRI) philosophies
- Sports Performance Coordinator in 2017 Champion Physical Therapy and Performance
- Also worked for Bando Performance and Cressey Performance (Woburn, MA)

Rich Barber- Lead Athletic + Group Fitness Performance Specialist

- Bachelor's Degree in Economics, College of the Holy Cross (2015)
- Varsity Football (4 Years)
- **NASM Certified Strength & Conditioning Coach**

Mireya Boutin - Mental/Performance Coach & Athlete Mentor

- D-II College level experience (Basketball)
- Bachelor's Degree in Psychology, Newman University (KS) (2021)
- Masters of Science in Experimental Psychology with a Concentration in Health and Sports Psychology, University of West Alabama (AL) (2023)
- Student assistant coach at Newman University for Women's Basketball Program (2019-2021)
- Played varsity basketball all 4 years at Centennial HS (TX)

Jacqui Reynolds- Part Time Performance Specialist

- Bachelor's Degree in Marketing, SNHU (2015)
- Current UMASS-Boston Assistant Baseball Coach
- Member of Trials Roster (Team USA Baseball)

Maria Girtatos "Mama Mia"- Part Time Performance Specialist

- Mindfulness Movement & Performance Specialist
- 500+ Hours Certified in Yoga Therapy
- 5+ years of experience in athletic yoga, breathing & mindfulness meditation

Examples of R3VAMP Client Testimonials:

"Everyone knows in order to compete at the highest level you need to be strong and explosive. There comes a certain point though where you hit that physical wall and now you need to find other ways to sharpen your tools. One of the most overlooked ways to get better is training your mind and increasing cognitive development. The drills and expertise you get working with the R3VAMP team is a sure fire way to improve regardless of your sport or goals. Seeing myself improve week to week and learning how to challenge myself and create new strategies to handle high stress situations will be a huge benefit to my game moving forward."

- **Alex Powers (2019 AAA Minor League Reliever of the Year-Cincinnati Reds Baseball)**

"Me, my brother, and our friends have been going to r3vamp for almost 2 years now and it's one of the best decisions we've ever made. We look forward to it every week and always have a great time. Mike has helped us all so much during our training sessions and we look forward to continue seeing growth."

- **Charlie L (Austin Prep Athlete)**

"My son has been working with Mike since he was eleven. Mike started out as his fall baseball instructor with his travel team and we were so impressed that we continued the relationship and training through R3vamp. The best way I can describe what R3vamp does is that it combines cognitive, reaction training with strength, speed and agility training. By incorporating the R3vamp training, Mike's elite level baseball training/knowledge, together with the strength training provided by R3vamp team member and former D1 defensive end, Richie Barber, my son's skills and strength improved to the level that he was able to make his varsity team as an 8th grader, at a top tier program/school. Last, but certainly not least, I couldn't ask for better quality role models and mentors to be working with my son. Invaluable. Thank you, R3VAMP."

- **Stephen F. (Austin Prep Parent)**

"R3VAMP has positively impacted my life by helping me to become more confident in myself as an athlete. Throughout my training sessions with R3VAMP I have been able to improve my court vision. My confidence has also grown throughout my time working with R3VAMP."

Everyone I have worked with has supported me and helped me grow not just physically for my sport but mentally."

- **Emily H. (Girls High School Varsity Basketball Player)**

"R3VAMP has been a huge motivator for my son Billy who is currently a Junior in high school and will play football in college. Trainers Mike and Rich are super upbeat and have helped sculpt my son into a beast for football. Not just added size but have worked on all aspects of hand and eye coordination, foot work and speed to improve his athletic ability. Billy is a QB so the mental side of the training has helped tremendously for his game! All around it's a great experience!"

- **Chuck O. (Parent of Youth Athlete)**

"Baseball is more mental than physical. So why aren't we training the mental side? That's where R3VAMP comes in. For someone who struggles with the mental game and the ability to stay focused sometimes, training with R3VAMP has increased my confidence. My reaction time has increased, and I am processing information better during those high stress-situations. R3VAMP has trained me through cognitive overload giving me increased focus that I never knew I had."

- **Jacqui Reynolds (New England Red Sox & 2018 USA Women's Baseball National Team Trials Roster)**

"We are so lucky to have R3VAMP here at Great Bay! Mike and Richie are top-notch professionals. They work with 2 of my boys for sports performance training. The boys love them & their workouts. They are unbelievably knowledgeable in sports performance, nutrition, goal setting and inspiring motivation. What we didn't realize is that they have provided them with a mind/body, life coaching experience. The confidence they have instilled in the boys is amazing, leaving them with lifelong lessons all while improving their sports performance! Highly recommend them."

- **Michelle T. (Parent of Youth Athletes)**

"Great, Genuine guys that love what they do and it shows. My 9 year old son has been working with Mike at R3VAMP for about 4 months now. He loves to play sports but is a very anxious child that is pretty scared of anything new. I didn't sign my child up for training to be the best, or get a leg up but to help him gain confidence to continue trying new things. Per usual, he was very nervous entering his first training session but within minutes, I watched the nerves melt away. The R3VAMP program is unique and tailored to individual needs with a knowledgeable, professional, creative and caring team. Most importantly to me, my son is excited to go to training every week and see his buddy Mike. These men are fantastic role models for my son and that's the most important trait they excel in for our family. Keep up the amazing work guys. Thanks for all you do!"

- **Amanda F. (Parent of Youth Athlete)**

"My son James is almost 12 and has been training with R3VAMP for three years. He has worked with Mike consistently on mental and physical skill development and cross-sport skill integration. James works more heavily on ice hockey goalie mental and physical training from August through March with emphasis switching to baseball April through July. Mike comes up

with creative modalities to build skills not gained through traditional team practices and he keeps it fun. Mike is also well-versed in team sports and coaching dynamics as both an athlete and a coach and his input and advice has been invaluable in decision making over the years.”

- **Rachel S. (Parent of Youth Athlete)**

“My son Joshua and daughter Abigail have been working with R3VAMP trainers for a few months and have grown both physically and mentally. Their confidence and character on the field have been elevated to a new level. The workouts and training are top tier. Mike and his team are professional, knowledgeable and motivating. The R3VAMP trainers make the workouts productive and fun. They can’t wait to go back each week. I highly recommend R3VAMP to anyone looking to improve fitness and decision making for themselves or up and coming athletes. It 5 stars from us.”

- **Jason B. (Parent of Youth Athlete)**

Examples of Clients & Organizations We’ve Worked With:

A’s (Woburn, MA) AAU Baseball Players
TBI Patients
YMCA (Woburn, MA)
Watertown Varsity Hockey Team (Watertown, MA)
Sanborn High School (Soccer/Basketball)
Austin House (Brentwood, NH)
BuildU (Windham, NH)
Crossfit Variance (Beverly, MA)
Crossfit Full Potential (Newburyport, MA)
Byfield Girls Lacrosse (Byfield, MA)
Reflexive Performance Reset
NH East Youth Hockey (Exeter, NH)
Newmarket HS Athletics (Newmarket, NH)
Austin Prep Baseball (Reading, MA)
Pentucket High School Hockey (West Newbury, MA)
Powerhouse Sports (Seabrook, NH)
Portsmouth HS Football (Portsmouth, NH)

Brand Ambassadors Partnerships (R3VAMP Elite Training Partner Discounts on Training Tools: 10-15%):

Blazepod (Reaction Lights)-www.blazepod.com
HECOstix-www.hecostix.com
Vector Ball-www.eyeballinc.com
Tater Bat Company-www.taterbats.com

How to Get Ahold of Us:

For other detailed information please visit our website at www.r3vamp.net or our Instagram @r3vampelite for more video and text examples of our training. Also, check us out on Google for more of our client testimonials!