

**Joseph J. Aldarelli**  
Eatontown, NJ • coachjoewr@gmail.com

## EDUCATION

- Monmouth University** West Long Branch, NJ  
Bachelor's Degree in Health Received May, 2021
- Major: *Health Studies (Exercise Science)*
  - Minor: *Psychology*
- Master's Degree in Business Administration Received May, 2023
- MBA
- NASM Certification**  
National Academy of Sports Medicine Certification Received March, 2025
- Personal Trainer Certification

## WORK HISTORY

- Bernardos Training LLC** Ocean Township, NJ  
Strength Coach (Intern) September 2020 - December 2020
- Performed needs assessment of athletes
  - Deployed exercise programs based on needs of each athlete
  - Learned training programs and techniques such as: conjugate, linear, and block periodization, bodybuilding, GOATA, Functional Patterns, Weck Method, ATG (etc.)
- Asylum Sports Center** Wall, NJ  
Youth Football Coach February - July 2021 & 2022
- Communicated effectively with children both male and female
  - Deployed position specific football workout programs based on athletes' needs
- Coach Joe LLC** Eatontown, NJ  
Owner / Sole Operator June 2023 - Present
- Increased the movement efficiency, hand-eye-coordination, and IQ of athletes in regards to football
  - Used metric based and data driven training protocols to increase my athletes' speed and strength
- Ocean Township Football** Ocean Township, NJ  
Offensive Assistant & WRs Coach September 2023 - Present
- Responsible for the development of Wide Receivers
  - Worked with the coaches to put together an effective game plan

## PROFESSIONAL SUMMARY

A reputable professional with over five years of experience working with athletes from youth to professional including male and female. Countless testimonials of my athletes as well as data proves my effectiveness in improving an athlete's speed, strength, performance on the field, and mental wellbeing.

## SKILLS

**Specialize in developing athletes at the WR position through my knowledge in:**

- Movement / Biomechanics
- Speed & strength performance techniques
- Football concepts & strategy
- Mental Preparation

## ADDITIONAL INFORMATION

- Ocean Township High School (All State / All Team Leading WR - 2017)
  - Monmouth University (WR - 3 Year Starter / 2017 - 2022)
  - AFL - Philadelphia Soul (2024)
  - AAL - New Jersey Bearcats (2024)
  - Notable Mentors in the Industry:
    - Miles Shuler (Carolina Panthers / Edmonton Eskimos / Arlington Renegades (UFL) Coach)
    - Charlie Rogers (Dolphins / Bills / Texans / Seahawks (All Pro) / Renown WR Coach - NJ)
    - Tony Racciopi (Top NJ QB Trainer / QB IQ / Former Professional QB)
    - Drew Lieberman (Renown WR Coach / The Sideline Hustle)
    - Matt Bernardo (Strength & Speed Coach / Bernardo's Training LLC)
-