

ADAM POPP

CouchTo100@gmail.com | www.linkedin.com/in/adampopp

SPORT AND MENTAL HEALTH PERFORMANCE COACH

➤ *Inspiring Excellence* ➤ *Accelerating Growth* ➤ *Taking high-performing individuals and athletes to the next level.*

- US Veteran and world-record-holding Para-athlete with proven commitment to equipping people with customized solutions to overcome barriers, maximize potential, and consistently achieve performance excellence.
- Leverage background in psychology and athletics to optimize mental performance and physical capabilities, empowering individuals to overcome challenges and improve results on and off the field of play.
- Drive positive outcomes, building trusted partnerships and providing the clarity, tools, and support needed to set focused goals and define an achievable roadmap for long-term success. Dedicated to living a life of purpose and service.

Signature Strengths:

Performance Coaching
Goal Setting and Attainment
Strategic Planning and Execution

Program Development and Delivery
Performance Profiling and Visualization
Team Leadership and Development

Training and Mentoring
Individual and Group Coaching
Cognitive and Physical Optimization

PROFESSIONAL EXPERIENCE

Sport and Performance Coach | Multiple Organizations | Denver Area, CO 09/2021 to Present
Equip high-performing athletes with the winning mindset, proven strategies, and individualized guidance needed to excel. Work 1:1 with athletes to identify and develop mental, emotional, and physical strengths while expanding knowledge of their target domain.

- Sought as trainer and coach to elite athletes across a wide range of sports, including cycling, skiing, triathlon, cross-country, track, aligning mental performance and physical capabilities to deliver a clear competitive advantage.
- Maximized performance of over 1.2K athletes, 100 coaches, and 50+ parents at Winter Park Competition Center, advancing skiers and snowboarders to the upper range of their capabilities while reigniting passion for the performance process.
- Partnered with the Highland Hills Competitive Hockey Team coaches to dial in on players' potential, overcoming obstacles to achieve peak performance.

Board Member, Certified Peer Mentor, and Counselor | EOD Warrior Foundation | Bluemont, VA 11/2009 – Present
Shape and drive the nonprofit organization's strategic mission and vision as board member. Support delivery of critical physical, mental, and emotional services and support to service members, families, and caregivers.

- Delivered 1:1 support for transition services, benefits, and employment, providing mentoring, advocacy, and guiding program participants through complex processes to remove barriers to personal and professional success.
- Planned and executed 12+ events, retreats, conferences, and workshops, including Ski to Sea and HALO for Warriors, over a 6-year period, providing recreational therapy and mental wellness support opportunities.
- Raised over \$100k to fund program operations, connecting with existing and potential donors and building lasting partnerships with organizations, through presenting a compelling case for support and champion the organization's cause.
- Empower participants by providing the mentoring, guidance, and rehabilitation support needed to persist against challenges, overcome obstacles, and thrive on the journey to recovery and independence.

Community Outreach Coordinator | Team Red, White & Blue | Washington, DC 07/2016 – 08/2018
Expanded awareness and support for the leading health and wellness community for veterans in the United States. Brought together veterans and community members through athletic events, community service projects, and other initiatives.

- Initiated, cultivated, and secured partnerships with local businesses and community organizations, including local running stores and non-profit organizations, to lessen the military/civilian divide and reintegrate veterans into their communities.
- Contributed to the success of weekly events, including fitness activities, social events, and races, attracting 20 - 25 participants per event and providing veterans meaningful engagement opportunities within their local communities.

Rehabilitation Counselor Intern | Linden Resources, Inc. | Arlington, VA 08/2017 – 05/2018
Partnered with individuals to assess needs, identify opportunities, and establish personal and professional goals.

- Empowered 60+ individuals with physical, neurodiverse, mental, emotional, or social challenges, equipping them with the training, resources, and mentoring needed to grow and thrive in interpersonal relationships, careers, and education.

Clinical Counselor Intern | Community Counseling Service Center | Washington, DC 08/2017 – 05/2018
Delivered individual and group support to adolescents and adults experiencing mental health and substance abuse challenges.

- Impacted over 10 individuals, creating customized treatment plans aligned with growth objectives. Monitored, documented, and reported on progress, providing additional support as needed to improve program outcomes.

Senior Analyst and Partner | Shoulder 2 Shoulder, Inc. | Arlington, VA 06/2011 – 03/2016

Led development and management of web and mobile applications that provide training, recovery assistance, transition services, and support to service members and caregivers.

- Created a website and app to deliver best practices and classified multimedia resources for deploying service members.
- Developed a web platform for recovering SOCOM service members to share holistic resources regarding physical and mental health, adaptive sports, health and nutrition, military and career transition, etc.

Program Manager | Northrop Grumman Electronic Systems | Baltimore, MD 08/2009 – 06/2011

Motivated and managed team of 30 in direction of support operations for the Advanced Concepts and Technology Division. Leveraged analytical, tactical, and strategic planning skills to provide critical insights and recommendations to executive leadership in the field.

- Earned President's Leadership Award for outstanding performance during deployment in Afghanistan as both the unit manager and the liaison between the organization and the US Marine Corps and NATO forces.

Certified Peer Mentor and Peer Trainer | Amputee Coalition of America | Bethesda, MD 09/2008 – present

Provided mentoring and support to recent amputees, serving as a trusted resource throughout the recovery process.

- Leveraged personal experiences to offer empathetic support, perspective, and motivation to approx. 100 amputees during their hospital stays.

MILITARY EXPERIENCE

EOD Team Leader | USAF | various locations 08/1997 – 07/2009

Led a variety of teams, ranging from small teams of 2 to 3 individuals to teams of 50+, in daily operations, equipment management, and training in the US and abroad. Demonstrated ability to thrive against high-stress, high-risk circumstances, motivating self and others to exceed expectations across all KPIs.

- Adapted rapidly to new cultures and requirements, building positive relationships with US and international stakeholders to ensure the success of projects in Afghanistan, South Korea, Iraq, Japan, and Turkey.
- Named Non-Commissioned Officer (NCO) of the Year and earned numerous additional awards, including the Purple Heart, the Charles S. Stevenson Award of Excellence, and nine medals and commendations for outstanding service.
- Conducted all-base training for 100s of individuals on potential explosive hazards and threats; reviewed training documents regularly and updated material according to latest regulations, information, and best practices. Led small-team training while abroad to cover specific local and regional threats.

EDUCATION

Master of Arts in Sport and Performance Psychology, Expected 06/2023 | University of Denver | Denver, CO

Master of Arts in Education and Human Development | The George Washington University | Washington, D.C.
Rehabilitation and Clinical Counseling Major, Substance Abuse and Psychiatric Disabilities Concentration.

Bachelor of Arts in Psychology | American Military University | Charles Town, WV

Associate of Applied Science in Explosive Ordnance Disposal (EOD) | Community College of the Air Force | Montgomery, AL
Honor graduate with highest GPA in EOD course.

CREDENTIALS

Certified Mental Performance Consultant (CMPC), Expected 08/2023 | Association for Applied Sport Psychology | Golden, CO

Licensed Professional Counselor Candidate (LPCC), Expires 02/2023 | Colorado Department of Regulatory Agencies | Golden, CO

Certified Peer Mentor and Peer Mentor Trainer | Amputee Coalition of America | Manassas, VA

Horse-Inspired Growth and Healing (HIGH) Certified Trainer | Wild Horse Rescue | Malibu, CA

USA Triathlon (USAT) Level 1 Coaches Certification | USA Triathlon | Colorado Springs, CO

Adult and Pediatric First Aid/CPR/AED Certification | American Red Cross | Washington, D.C.

PROFESSIONAL DEVELOPMENT

USA Triathlon Level I Certified Coach | USA Triathlon | Colorado Springs, CO

Safe Sport Training | US Center for Safe Sport | Denver, CO

Anti-Doping Education | World Anti-Doping Agency (WADA) | Montreal, Canada

Customer Service Academy & Strategic Planning for Business | DiJulius Group | Arlington, VA

ADDENDUM

AFFILIATIONS

Member | Association for Applied Sport Psychology
Member | VA's Veterans' Advisory Committee on Rehabilitation
Member | International Counseling Honor Society, Chi Sigma Iota (CSI)

SELECT RECOGNITION

Evan Williams American Made Heroes | [American Made Heroes Foundation](#)
Pat Tillman Scholar for Leadership Development | [Pat Tillman Foundation](#)

ATHLETIC EXPERIENCE AND ACHIEVEMENTS

Endurance Athlete | [US Military Endurance Sports Elite Team](#)

Triathlete | [Dare2Tri Elite Team](#)

Para-Triathlete | Multiple Competitions

Ranked #1 in the US and #4 in the world for the PTS2 category.

World record holder in the T63 category with times of 3h13m25s for the Boston Marathon and 18h52m12s for the 100-mile trail.

First above-knee amputee to complete a 100-mile ultramarathon within the 30-hour cutoff.

First-ever amputee to complete the JFK 50-miler, America's Oldest Ultramarathon & the World's Oldest Annually Run Footrace, with five subsequent finishes.

Men's Course record-holder for the Colorado Kickers for Kids Trail Marathon and first overall against able-bodied athletes.

Nine podium finishes in fifteen World Triathlon Competitions.

PUBLIC SPEAKING

Finding Meaning: Through Service and After | Association for Applied Sport Psychology Southwest Regional Conference

Journey to Excellence | AIG

Keynote Speaker | Hagerstown True Grit Awards and JFK 50-Miler Ultramarathon

Innovative Counseling and Wellness Interventions for Veteran-Specific Mental Health

[American Counseling Association National Conference](#) and [Maryland Counseling Association Conference](#)

MEDIA

[Alive](#) Featured Role.

Documentary following US Veterans who used adaptive athletics to heal from battle-related physical and emotional adversity.

[Triumph Games](#) Competitor.

Three-part CBS Sports Network series featuring elite military veterans competing against physical and mental challenges.

[Behind the Warrior, Episode 18: Living Life to the Fullest.](#)

Be Crazy Well, [Adam Popp ~ Living a Crazy Well Life](#)

We Are Superman, [WASP #209 – We Are Adam Popp, An Unstoppable Veteran](#)

CBS 4 Denver, [Amputee Veteran Running In Colfax Marathon](#)

The Kojo Nnamdi Show, [Wounded Warriors Gear Up for the First Marine Corps 50K.](#)

[Ultra Stories Podcast, Episode 6: Adam Popp.](#)

[Heartland Running, Episode 59: Adam Popp.](#)

[Para Athletics Premier](#), Boston Marathon Official Program, 10/2021 (Pages 46-47).

[Para Athletics Premier](#), Boston Marathon Official Program, 09/2020 (Pages 32-35).

Salute to Swimming, [SWIMMER Magazine](#), 10/2017

Brazos Bend Finish Feature, [Ultra Running Magazine](#). 01/2017

[US Military Endurance Sport \(USMES\) Athlete: Adam Popp Empowers and Inspires Others to Challenge Themselves.](#)

[Tillman Scholars in the News.](#)

[Pactimo Athlete: Adam Popp.](#)

[USMES: Overcoming Hardship and Finding Community Together.](#)

[The Transition to a New Sense of Self.](#)

Paul, Jenny. [Loss of Leg No Roadblock for Air Force Veteran Half-Marathoner](#), 09/2018.

Hammond, Jen. On Another Level: Adam Popp, an Above-Knee Amputee with a Heart of Purple, 01/2018.

Journey to Excellence, 2017 Press Ganey National Client Conference Opening.

Wounded in Afghanistan, GW Veteran Crosses the Boston Marathon Finish Line, 04/2017

Tillman Tuesday: Scholar Adam Popp's Own Adversity Inspires Him To Help Others, 01/2017

Parasiliti, Bob. Injury Gives Popp New Roads to Travel, 12/2017.