

Roland Genesy Voted 2015 Outstanding Sports-Specific Trainer of the Year

By Joe Clearbrooks

The Mid-South Trainers of the Year awards, presented by Mississippi, Arkansas, and Tennessee (M.A.T) Fitness Associate are the only set of awards that recognize the most outstanding trainers in private fitness facilities. Finalists were selected based off of nominations by owners, trainers, program directors and other athletic department personnel among Mississippi, Arkansas, and Tennessee.



Roland Genesy captured the 2015 award for his outstanding training abilities. He has taken over the sports world when it comes to training and preparing athletes for the next level. Over 10 years he has created effective strength and conditioning programs for clients. He understands a strength and conditioning program does not replace the importance of sport-specific training. He works hard to make athletes stronger; and then they take their strength and they insert it into their specific sport.

Genesy is always building his knowledge to improve himself, athletes and other trainers. As evidence of that, Genesy recently earned his Master degree in Sports Management. He tells athletes to compete against their strengths and practice against their weaknesses.



Genesy also excels because he helps athletes develop that killer instinct and that exceptional read-and-react skills. He also gains great recognition because he helps athletes increase their mental toughness, competitive nature, and emotional balance. He makes sure athletes are doing the right things in the gym, he encourages them to put the right things in their bodies; and he tells them about the essential value of getting the right amount of sleep. Certainly, he is a master piece at training and preparing athletes for the next level.

