

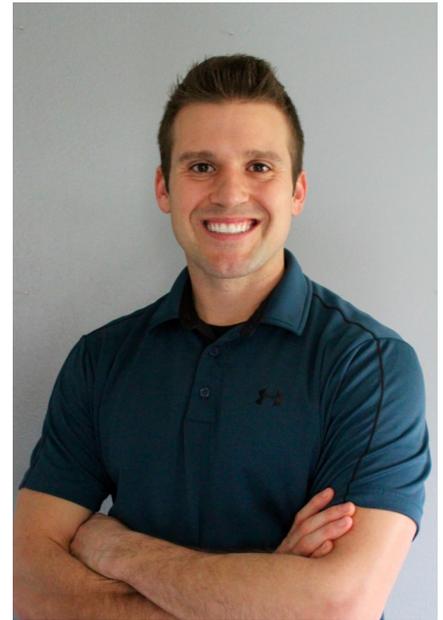


Football Trainers

Darren Neels - Level 2

Darren is a physical education instructor at Cape Central Junior High where he also coaches football and track and trains off-season athletes in the weightroom during the winter and summer. He has taught PE for 9 years, including 8 years at Clippard Elementary where he was named 2017 Missouri PE Teacher of the Year and 2015 Cape Chamber of Commerce Educator of the Year. Darren is also an American Council of Exercise (ACE) certified group fitness instructor and teaches various classes such as boot camp, circuit training, and core. In addition to group fitness, Darren holds specialist certificates from ACE in Sports Conditioning and Youth Fitness and has taught various youth sports training courses in the area for the past 5 years.

Darren's formal education includes a master's degree in Human Performance from the University of Alabama and a bachelor's degree from Southeast Missouri State in K-12 physical education. As an athlete at Cape Central High School, Darren was All-Conference, All-Region, and All-State in football (offensive line). In addition, Darren was All-State in track (discus throw) and named Lou Muegge award winner as Cape Central's top male athlete in 2004. Darren's training is focused on developing speed, power, and body control. He focuses on helping athletes become more in tune with their biomechanics and coordination. As a PE teacher, Darren loves using fun and competitive gameplay elements built into his training sessions.



Devree Flint - Level 1

Devree attended Jackson High School and later went to Southeast Missouri State University on a football scholarship. He was an all-state running back at Jackson and won the Carr Award in 1997 for the best athlete in Southeast Missouri. Devree graduated from SEMO with a Health Management/Exercise Science degree. He is also an A.C.E. certified personal trainer, specializing in speed, agility and acceleration training. Although Devree primarily played running back, he can teach any and every party of football, especially on offense. He is dedicated to creating next level athletes at any position.

