

JANET TSUI · Coach



Specializations

- Sprint, Speed, Agility Development
- Strength and Conditioning
- Sport-Specific Training (USPSA competitive shooting)

Qualifications

- ACE Certified Personal Trainer
- AHA CPR/AED

Pleasures

- Competitive sports
- Camp Counselor with the YMCA

Janet is a Clinical Lab Scientist at UCSF by profession and a USPSA competitive shooter by choice. She has been involved in many

sports: basketball, volleyball, dragonboat, hip hop dance, but really found herself thriving in individual sports: gymnastics, practical shooting. Fitness was always a preventative process with means to maintain cardiovascular health and strength. Janet was a “gym rat” at a young age, taking Group X classes, Turbokick, and spin.

Janet saw that Coach Eric had competed in a Strongman competition through the Strength Camp SF IG page and knew she wanted to try the gym out. Not only that, she needed to develop better speed, agility, core, & stability for the sports she was involved in.

When Strength Camp SF members suggested adding a lady coach onto the team, Janet had just won her first Strongman competition as a member. While training for the event, she was inspired by the sheer dedication from her SCSF competitors/peers. She loved the exchange of feedback, mental prep strategies, challenges and support within the community. From the start, she always had a vision to become a coach – Strength Camp SF allowed her a chance she couldn’t pass up.