

## OUR EXECUTIVE DIRECTOR

# Kareem B. Young

Executive Director

Bio History



### Competitive

A former Director and Assistant Director of Strength & Conditioning at Appalachian State University, Boone, N.C. and University of Florida, Gainesville, FL., serving in both positions from 2010 - 2016. As Director, Young oversaw the Strength & Conditioning efforts of Appalachian State's 20 varsity programs, with an estimated 400 student athletes, while working primarily with the football program. He worked with the many athletic coaches and teams extensively throughout his tenure. He later served as



Assistant Director of Strength & Conditioning at the University of Florida, Gainesville, FL. before returning back to community work in 2016.



While in his positions Young was the NFL liaison for the universities. He became recognized for his accurate evaluations of players of interest by NFL scouts. Young spent time in the NFL Strength & Conditioning for teams; Oakland Raiders (2011) and Cleveland Browns (2013). He currently trains NFL players in the offseason. From 2005-10, he served

in a variety of roles within the Robles Park Wildcats Youth Football Organization, including President and Head Coach, and spent 18 months as an assistant coach and head athletic trainer at Tampa's Middleton High School before heading to Appalachian State in 2010.



### Corporate

Young spent eight years in the business sector at IBM.

Kareem worked within IBM's Global Services sector serving customers such as Certegy, Equifax, Fidelity Investments, Mastercard and Visa. He left IBM in 2007, after 8 years, to return to community service and athletics on a full-time basis in his native Tampa, FL.



### Community

Background - LIFT Health Organization was created in 2008 and has served the community by addressing wellness and health issues for over 8 years. In April of 2014, Kareem's diabetic father Arthur Green Jr. died after being pulled over in a traffic incident contributed by a hypoglycemic crisis. Tampa Police officers assumed he was a drunken driver. Arthur Green Jr. was wrestled to the ground, handcuffed and was official pronounced dead on the scene. Shortly after his tragic death, the Arthur Green Jr. Memorial Foundation was formed to tackle many of the diabetic issues plaguing the



community. The Foundation was established under the umbrella of LIFT Health Organization, Inc. In 2015, LIFT/AGJMF worked to pass *The Arthur Green Jr. Act* in the Florida Legislature. The law provides diabetes training to law enforcement. The first of its kind nationally, it has since been adopted in other states.

Photo: Sunday Morning Neighborhood Youth Clean Up (left)

Industrial/Organizational Psychology and Business Degree from Appalachian State

University in 1998.

He is certified by the NASM (National Association of Sports Medicine (CPT, CES, PES), National Strength And Conditioning Association (CPT,CSCS), (PRI) Postural Restoration Institute Certified, USA Track & Field certification.