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# BENEDICT KELLY

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## Executive Profile

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Ben is the founder of BKAthletics and CrossFit Performance a high performance fitness facility in Fairfield, CT. When not coaching, he is a full time husband and fitness athlete. Ben's 30+ years of experience and service as a professional Rugby Player, Coach/ Technician, tireless practice on refining energy system work, nutritional and lifestyle balancing techniques and training of other coaches has made BKAthletics a sought after method of bringing fitness to a Higher Order.

Ben has a desire and passion to understanding fitness through assessment, testing, research, programming and more. He has had many years experience as an athlete from early childhood into adulthood, from playing professional Rugby, Rugby League, Cricket to CrossFit where he placed 50th in the world (40-44 yrs) in the 2014 CrossFit Games .

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## Skill Highlights

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- Professional Rugby player/coach
  - CrossFit Level 2 Coach
  - CHEK Institute (Corrective High Performance Exercise Kinesiology) Coach
  - OPT Associate Coach
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## Core Accomplishments

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2003 - 2004: CT Wildcats Rugby League (player) undefeated National Champions  
2004: CT Yankees Rugby Union National Champions ( Head Coach)  
2004: USA v Australia ( 1st cap Player)  
2005: USA Tomahawks Australian tour (5 caps)  
2006 - 2007: Player / Coach / Owner Northern Raiders Rugby League Team  
2007: World Cup Qualifier USA V Samoa ( player )  
2008 : CT Wildcats Rugby League (Player) National Champions  
2009: New Haven Warriors Rugby League and New Haven Rugby Team ( Player)  
2010 - 2012: USA Rugby League Team (S&C Coach)  
2013 : USA Tomahawks Rugby League Team ( Domestic Head Coach)  
2013 : USA Tomahawks Rugby League World Cup (S&C Coach)

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## Professional Experience

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**02/1994 to 09/2003**

I have been fortunate to play and coach Rugby League in Australia, Europe and USA. I feel blessed to be leading a life through BKAthletics focusing on improving other peoples daily lives through education on health, wellness and fitness. <http://www.bkathletics.net/about>

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## Education

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### Associate Coach: Fitness Coach

**2012**

International Center For Fitness,  
OPT Physiological Assessment Coach  
OPT Fitness Program Design Coach  
OPT Nutrition Coach  
OPT Lifestyle Coach

Boston, AZ, USA

### Corrective High Performance Kinesiology: Health and Fitness

**2005**

CHEK Institute

Boston, MA, USA