



Breanna Leslie

Court One Athletics

Sports Performance - Senior Lead Trainer

Breanna Leslie is a certified trainer with the National Academy of Sports Medicine (NASM), with over 10 years of experience working in a variety of sports and with a diverse group of athletes. She graduated from Azusa Pacific University (APU), where she obtained her BS degree in exercise science. While attending APU, Breanna competed in track and field. Breanna's storied collegiate career was full of National and All-American honors. While competing in college, Breanna Leslie was a 21-time [All-American](#) from 2010-2013 and holds the Azusa Pacific University school records in the 60m hurdles, pentathlon, and the heptathlon. She finished her collegiate career as an 8-time [National Champion](#) in the Pentathlon, Distance Medley Relay, 60m Hurdles, Heptathlon, High Jump, and 100m high hurdles.

After graduating she went on to earn a professional track & field contract, and competed professionally all over the world for Team ASICS in the heptathlon. Breanna has qualified for three USA National teams in 3 years. Leslie competed at the professional level from 2013 to 2016. During her professional career Leslie also qualified for five USA Track & Field Championships including the Olympic trials in 2016.

Breanna attended Valley Christian High School in Chandler, Arizona. During her time at Valley Christian she competed for the varsity volleyball team and the track team. She is the school record holder in the 300m Hurdles, 4x4 relay, and the heptathlon. Leslie is an 11-time [Arizona State Champion](#) in the 100m hurdles, 300m hurdles, 4x1 relay, 4x4 relay, and the 200m. She was also chosen as the team captain in 2008 and 2009. She was inducted into the Chandler Sports Hall of Fame in 2015.

Outside of her track & field career Breanna life's passion is about helping people obtain their fitness goals. She has trained and coached numerous athletes to national championships, and continues to help athletes excel in the sports of volleyball, basketball, baseball, softball, football, hockey and track. Through specifically designed training programs, Leslie seeks to improve her athletes' speed, agility, vertical jump, balance, coordination, and proper technique. These designed programs are also keeping the athletes healthy and injury free. Injury prevention is of the utmost importance to Breanna after dealing with and overcoming injuries herself. Breanna's priority is to keep her athletes healthy and to help them take their abilities and their skills to the next level.

Training classes and Schedule Please Contact – Breanna Leslie 626.644.2969 Or Text Mitch Brown 602.403.7373

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