



NAME : STEVE TROTT

NICKNAME : TROTTY

EMPLOYMENT : CORPORATE PERFORMANCE  
COACHING/PERSONAL TRAINER & TEAM  
PERFORMANCE COACH/ SPECIALIZING IN  
DYNAMIC CORE TRAINING

CURRENT SPORTING CLUBS : SOAKS-  
SWANBOURNE RUGBY UNION CLUB /SUBIACO-  
FLOREAT CC/MT.LAWLEY CC

PAST SPORTING CLUBS : EAST FREMANTLE  
SHARKS/ NAREMBEEN FC/ NOOSA HDS FC /  
COOLANGATTA FC/MORNINGTON FC /RED HILL  
FC/FRANKSTON DOLPHINS VFA

SPORTING ACHIEVEMENTS : 350 'A' GRADE AFL  
GAMES/MPFL LEAGUE BEST &FAIREST/ NFC  
PREMIERSHIP COACH

HOBBIES :  
SURFING/SNOWBOARDING/KITEBOARDING/

MOUNTAIN BIKE/CORE TRAINING

GOALS FOR 2010: TO GIVE THE TEAMS I WORK  
WITH EVERY OPPORTUNITY TO BE THE FITTEST,  
FASTEST AND STRONGEST TEAM IN THERE  
COMPETITION.