

Coach
Jeff Hannah



Coach Jeff Hannah, owner of 10-41 Athletics, is a former collegiate football player from UAB followed by a professional career with the Birmingham Steeldogs Professional arena football team. He holds the following certifications: USAW Sports Performance Coach Level 1, USAW Sports Performance Coach Level 2, ISSA Specialist in Strength and Conditioning, ISSA Corrective Exercise Specialist, ISSA Plyometrics to enhance SQS (strength – quickness-speed), ISSA developing power and speed in sports, and ISSA Specialist in Sports Nutrition. Coach Hannah carries 17+ years of strength & conditioning experience which includes athletes 8 years of age to professional level.

Courtney Green



Courtney Green, DPT, C-PS is a graduate of the UAB School Doctor of Physical Therapy, Champion Performance Specialist certified, and bachelor degree in Respiratory Therapy from UAB. Courtney brings extensive experience in her field and has worked as a physical therapist in multiple settings including Cullman Regional, TherapySouth, UAB, MedWest, and Trinity Medical Center. With previous experience as a multiple sport athlete including a former collegiate golfer, Courtney has brought a diverse skillset to physical therapy at 10-41 Strength and Conditioning. Courtney has over 10 years of experience as a Physical Therapist and 5+ years of experience as a Respiratory Therapist.

Coach
Michael Franklin



Coach Michael Franklin has a Bachelors Degree in Kinesiology as well as a Master's Degree in Kinesiology he's a member of the NHSSCA, NSCA, the National Strength Coach Association and the National High School Strength Coaches Association as well as NSCA CSCS.

USAW Level 1

Coach
Rachel Tam



Coach Rachel Tam has a Bachelors Degree in Exercise Science and a Master Degree in Multidisciplinary Biomedical Science.

USAW Level 1