

Biography



With a robust background working with elite athletes at The University of Alabama and beyond, I bring nearly a decade of high-level experience in strength and conditioning.

My experience in training includes but is not limited to, football, swimming and diving, track and field, soccer, professional basketball, dance and cheer, golf, the general population, the elderly population, and more. I bring a dedicated focus on helping anyone reach their full potential.

I hold an undergraduate degree in Kinesiology/Human Performance Exercise Science and a Master's in Sports Administration from the University of Alabama. My additional certifications include CPR/AED and CSCS, underscoring my commitment to providing top-tier training.

Outlaw Training

141 Nick Fitchard Road 35806



Outlaw Training

Welcome to A.T.A.C. LLC.
I'm Coach Holman Outlaw,
the Training Director at
Alabama Training & Athletic
Complex.





What You'll Get

At Outlaw Training, we customize every program to fit the unique needs of each athlete or group. Whether you're training for competitive sports or personal fitness or want to improve as a team, we provide tailored solutions that deliver actual results.

- **Personalized Programs:** Individualized assessments and custom plans to target specific individual and group goals.
- **Group Training Sessions:** Perfect for teams or friends looking to train together. Build camaraderie, push each other, and improve collectively with expert guidance.
- **Cutting-Edge Techniques:** Our training combines proven methods with the latest research in sports science to ensure you make consistent progress.
- **Client-Centered Approach:** We believe in building solid relationships with our clients and fostering a supportive, results-driven environment with continuous feed-back

How we'll make it happen

Whether it's developing explosive speed, building explosive strength, perfecting agility, or if your goal is to be in good shape and improve your diet, we've got you covered. With a background in training everything from Division 1 athletic programs to NFL pros, Olympians in various sports, pro basketball players, and general fitness enthusiasts, we understand what it takes to succeed at every level.

Our programs are designed to enhance athletic performance and foster a lifelong love for fitness, health, and nutrition. At ATAC, you will benefit from:

- **Expert Coaching:** Personalized training from a coach who has shaped champions in football, swimming, track and field, and more.
- **Cutting-edge equipment:** Facilities that cater to every aspect of athletic development.
- **Safe and Supportive Environment:** A focus on athletic development, injury prevention, return-to-play from injury protocols, and nurturing growth in a positive atmosphere.

Join me at ATAC and watch your development thrive with the best in strength and conditioning. Sign up today to start your journey toward excellence—prices vary and are negotiable.



- Clients to Note:
- Tokyo Women's Silver Medal 200M Backstroke Olympian
- 1st Round NFL Draft Picks
- Fastest 200M Sprinter in the World (Feb 2023)
- Inside connection to various Division 1 coaches prior All-American Football players from Big10 colleges that can help tailor training goals

Services

My training programs are designed to improve speed, agility, strength, and overall performance.

- **Strength & Conditioning:** Tailored programs for athletes of all levels
- **Speed & Agility:** Enhance quickness, footwork, and overall movement
- **Muscle Building/Weight Loss**
- **Personal & Group Training:** Programs suited to individual goals based on your fitness level

Contact Us

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Visit us on the Web:
www.hsvatac.com