PATA 03/29/16 T.GAUTHIER

UW-River Falls is home to one of the best strength and conditioning coaches in the United States -- Carmen Pata (PA-ta). He not only has been an influence on athletes at UWRF, but on coaches coming through the ranks. Trenten Gauthier has the story.

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Trenten Gauthier: Head of Strength and Conditioning at UW-River Falls is Carmen Pata, an Olympic weightlifting champion who graduated in 2000. he says He stuck around for a unique opportunity.

Carmen Pata: One of the reasons I’m still here is because I had the chance to basically build a program from the start and I want to see the university do well, especially our athletic teams.

Trenten Gauthier: The former Falcon standout has also competed in national strongman competitions and has competed in the Pan American games, but says the influence he has on people sometimes is even more than he expects.

Carmen Pata: You know when you talk about influencing people, it’s the number of wedding invites I get every year, YOU KNOW, the announcements of births. it’s sort of strange because someone that you never thought you connected with is all of a sudden inviting you to their wedding.

Trenten Gauthier: Pata is a National Strength and Conditioning Coaches Association board member, and has been nominated for Strength and Conditioning Coach of the Year two times in his 16 years and says the NSCA has given him a chance to give back.

Carmen PAta: A lot of it is mentored programs, where young coaches come on board, bring them through a coaching structure TO get them moving in their professional career. Between that and working with local schools, just trying to pay back sports for everything it’s given me in my life.

Trenten Gauthier: For Falcon NEws Service, I’m Trenten Gauthier.

Pata says he plans on competing in Olympic weightlifting competitions this summer in hope of qualifying for the Pan American Games in the coming years.

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