



Mike Barwis

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Professional Biography

*Career Highlights • Philosophy • Consulting •
Global Impact • Neurological Re-engineering
• Philanthropy • Speaking & Education •
Media Features • Recognition*

Overview

Mike Barwis is the Founder and CEO of the BARWIS family of companies, including BARWIS Methods Training and ARS Screening, BARWIS Neurological Re-engineering, BARWIS Performance Centers & Equipment, BARWIS Physical Therapy, and BARWIS Nutrition.

Recognized as one of the most influential strength and conditioning coaches and sports performance scientists in the world, Barwis has spent more than 30 years developing and refining innovative, science-driven systems that integrate biomechanics, neuroscience, strength training, and performance science. His work has helped redefine how athletes train, recover, and perform, while also advancing the field of human performance through a holistic, results-driven approach.

Throughout his career, Barwis has worked with elite athletes across professional, collegiate, Olympic, and youth levels, as well as individuals recovering from injury and neurological conditions. His methodologies are designed not only to maximize performance but also to enhance movement efficiency, reduce injury risk, and support long-term health and resilience. By bridging the gap between performance training and rehabilitation, Barwis has created a comprehensive system that continues to influence coaches, practitioners, and organizations worldwide.

Career Highlights

- **West Virginia University (1991–2007)** – Served in progressive leadership roles, including **Associate Director of Human Performance (1995–1997)** and **Director of Human Performance and Strength & Conditioning (1997–2007)**, helping lead teams to multiple conference championships, major bowl victories, and national-level appearances across multiple sports. Barwis also developed and taught the university's strength and conditioning curriculum.
- **University of Michigan (2007–2011)** – **Director of Strength and Conditioning**; contributed to multiple conference championships, major bowl victories, and national-level appearances.
- **New York Mets (2011–2020)** – **Senior Advisor of Sports Science and Human Performance**; part of the organization during its National League Championship and World Series appearance.
- **Detroit Red Wings (1998–Present)** – **Sports Science Director**; long-standing role supporting performance at the NHL level.
- **Anaheim Ducks (2022–Present)** – **Sports Science Director**; currently advising on sports science and human performance.

The BARWIS Philosophy

The BARWIS system is built on three core pillars: GRIT, SCIENCE, and FAMILY. This philosophy drives a holistic approach that combines elite sports science with personalized human performance training.

Sports Science • Data Analytics • Strength & Conditioning • Neurological Re-Engineering
• Physical Therapy • Recovery • Athletic Training • Regenerative Medicine • Rehabilitation
• Nutrition • Health Optimization • Sports Performance Psychology • Performance Development • Biomechanics • ARS Neuromuscular Screening & Evaluations • Biometrics

This unified methodology helps individuals maximize performance, accelerate recovery, prevent injury, and sustain long-term physical capability. Professional, Olympic, collegiate and youth athletes regularly return to train with Barwis for both in-season and the off-season.

Consulting and Collaboration

Barwis has consulted with coaches, performance staff, medical teams, sports science oversight, screening evaluations, corrective protocols and program designs, and professional organizations across all major professional leagues, including but not limited to:

- NHL: Edmonton Oilers, Columbus Blue Jackets, Anaheim Ducks, Detroit Red Wings
- MLS: Philadelphia Union
- MLB: Mets, Dodgers, Pirates, Phillies, Red Sox
- NBA: Golden State Warriors, Jamaican Olympic Team
- NFL: Philadelphia Eagles, Miami Dolphins, Pittsburgh Steelers, Cleveland Browns and more.
- USTA
- WTA Tour: Coco Gauff
- Jamaican Puma National Team

Coaching staffs and performance professionals from around the world regularly visit BARWIS facilities to learn directly from his methodologies.

Global Impact

Barwis and the BARWIS organization have been sought out by professional teams and governing bodies across nearly every major sports league, including the MLB, NFL, NBA, NHL, MLS, NCAA: Oklahoma, Kentucky, Ball State, Kansas State, Syracuse, Big Ten and Big Twelve Conference's, PGA, NASCAR, Indycar, Motocross, UFC, Bellator, Premier League, PBR, Snowcross, World Athletics, USA Gymnastics, ONE Championship, USTA, WTA and more.

Over the past 35+ years, Barwis has trained and consulted with more than 7,000 professional and Olympic athletes across 50+ sports, making him one of the most respected figures in modern athletic performance. Across his career in collegiate and youth sports, Barwis has also been a part of 29 championship titles.

Neurological Re-engineering

Beyond athletics, Mike Barwis pioneered the BARWIS Neurological Re-engineering Program which serves individuals recovering from conditions such as traumatic brain injury, stroke, spinal cord injury, and other neurological or autoimmune impairments. It is designed not only to improve movement, but to enhance quality of life by restoring confidence, anatomy and physiological function to enhance the ability to perform everyday activities.

Rooted in the integration of neuroscience, biomechanics, and applied physiology, this system focuses on restoring confidence along with anatomy and physiological proper communication between the brain and body. Today, the program serves clients from more than 50 countries, making it one of the most globally recognized and sought-after systems in neurological recovery and human performance. Its success continues to expand the boundaries of traditional rehabilitation by offering a performance-based approach to recovery—bridging the gap between therapy and high-level human function.

Philanthropy

Athletic Angels Foundation (501c3)

Founded in 1996 in Morgantown, WV, Athletic Angels supports underprivileged youth athletes by providing athletic, academic, and mentorship opportunities. The foundation's initiatives include the Athletic Angels Field in Boynton Beach, Florida—a dedicated space for youth development and community engagement in order to provide access and opportunities to underprivileged youth.

First Step Foundation (501c3)

Established in 2014, the First Step Foundation helps individuals with neuromuscular disabilities access the BARWIS Neurological Reengineering Program. The foundation funds treatment for those unable to afford care and supports continued innovation and expansion of the program.

Speaking Engagements & Education

Barwis is a highly sought-after speaker and educator in sports science and performance development. Selected Speaking Engagements:

- TEDx Talk: "Untapped Potential"
- American Baseball Coaches Association (ABCA)
- Walking with Anthony
- Semex
- Quicken Loans
- Valley Health
- Mylan Pharmaceuticals
- University of Maryland
- New York Police Department
- SEMFA
- NSCA
- Ball State University
- International Sports Science Convention
- Princeton University
- Yakir Li Teacher Training
- University of Tennessee

Speaking Engagements & Education Cont.

Barwis is a highly sought-after speaker and educator in sports science and performance development. Selected Speaking Engagements:

- University of Michigan School of Kinesiology
- MedSport
- HealthWorks
- Hammer Strength Clinic
- West Virginia University (Athletic Training, Psychology, Physical Education, Medical School)
- Glazier Coaching Clinic
- Nike Coach of the Year Clinic
- National Association of Speed and Explosion (NASE)

Media Features

Barwis has been featured in major media and storytelling platforms, including:

- Brock Mealer Story (Big Ten Network)
- 7 Yards: The Chris Norton Story (Netflix)
- Katie Breland's Story (Say Yes to the Dress)
- American Muscle

Media Outlets:

ESPN | NFL.com | CBS Sports | USA Today Sports | People Magazine | Good Morning America | Discovery Channel | ABC Sports Radio | NFL Total Access | MLB.com | NHL.com | Yahoo Sports | Detroit Free Press | New York Daily News | New York Post | Men's Fitness | Muscle & Fitness | Levels | Fox Sports | CBS Sports Radio | Sports Illustrated |and more

Recognition

Mike Barwis gained national recognition as the star of Discovery Channel's internationally broadcast series American Muscle, which showcased his training philosophy and elite athlete development.

BARWIS is widely recognized as one of the world's leading organizations in holistic human performance optimization, working with professional and Olympic athletes, Fortune 500 companies, government agencies, healthcare organizations, insurance providers, medical systems and providers, and product developers worldwide.

MORE INFORMATION

BARWIS Family of Companies

Website: www.barwis.com
Email: info@barwis.com
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For Philanthropic Donations

*Athletic Angels Foundation: www.athleticangels.org
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