



First Wave Sports International LLC  
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### **JOSH MCALLISTER JOINS FIRST WAVE SPORTS AS DIRECTOR OF SPORTS SCIENCE**

First Wave Sports International is pleased to announce the addition of a highly experienced new team member in Josh McAllister, who joins as Director of Sports Science. In this role, Josh will assist First Wave Sports' player clients in the areas of physical performance, spanning strength & conditioning, nutrition, recovery, and much more. This service will be provided via routine webinar sessions and also via one-on-one coaching. Josh joins First Wave Sports with extensive experience in soccer in the USA, having worked for 3 clubs in Major League Soccer, one club in the USL system, a Division 1 NCAA men's soccer program, and national teams in the U16 and U19 age divisions. Most recently, Josh served as Director of Performance at Minnesota United FC.

"We are thrilled to have an individual of Josh's caliber join the First Wave Sports team as Director of Sports Science", said First Wave Sports President, Stefani Miglioranza. "Josh joins the team with extensive experience, knowledge, and education in the area of physical performance and sports science, and will add significant value to our player clients in this area. We are thrilled to have him and excited about seeing the results on the field for our players and for their respective clubs."

"I'm very excited to be joining the First Wave Sports team," said McAllister. "Working with players at the collegiate, national team, and professional level has offered me a rewarding career in sports performance, and I look forward to leveraging this experience to assist First Wave Sports' clients in advancing their professional careers."

First Wave Sports was originally founded in the UK over 30 years ago, and currently has multiple administrative and agency offices in various cities in the United States. The company was recently reorganized and relaunched with a new ownership group and with a refocused energy on providing holistic services to players.

"The addition of Josh to the First Wave Sports team is yet another evidence of the company's dedication to provide next-level services to its player clients," said First Wave Sports' Executive Director, Ben Boycott. "We will continue to add to our toolbox to serve players in an unprecedented way, in keeping with our mandate to relentlessly empower our players to be the best they can be on the field, off the field, and in their lives after soccer."