

Parents, students, staff.

My name is Jim Gorrell and I am grateful for the privilege of being asked to be part of the sports program here at Immanuel.

I have been coaching kids, teenagers, and adults either one on one, or in a group setting for the past 18 years. My personal coaching journey started back in 2005 when I began working with a few people at a place called Real Gym, then moved into my garage after that place shut down in 2007. There were upwards of 12 people weekly participating in my group training sessions. We accomplished a lot with just a few hundred pounds of weights, a few dumbbells, barbells, and kettlebells. Over the years through my own experience and having been blessed with great and knowledgeable friends, colleagues and mentors, I have gained a great deal of knowledge. Now through Pillar, I get to pass that along to other people. This knowledge cannot be in a textbook, it has come with great personal sacrifice and a lot of my blood, sweat and tears.

I have also been a competitive athlete in the sport of powerlifting for 36 years and am still active. Having competed on a national and international level for the past 22 years, I have attained several national and world records and titles during that time. I have had the privilege and opportunity to work with and train some national and world-level competitors across several sports including strongman, powerlifting, wrestling, football, baseball, and soccer. I know how to motivate people and get the most out of them so that they can reach a particular goal.

As a coach and mentor, I will do everything within my ability to help your student athlete excel and provide tools with which they can grow and build healthy habits not only for sports but for life as well.