

Dave Stecker is an alum of Oostburg High School. After high school he pursued his bachelor's degree in athletic training at Concordia University Wisconsin. Following his undergraduate studies, he immediately began his graduate program at Cardinal Stritch University. At Stritch Dave served as a graduate assistant in the Wolves sports medicine department. He was primarily responsible for providing sports medicine services for women's soccer, track and field, and men's volleyball.

After completing his graduate degree Dave moved to Mt. Pleasant, Iowa where he worked at Iowa Wesleyan University providing sports medicine services for men's soccer, women's soccer, volleyball, men's basketball, and softball. In addition, he also helped create injury prevention programs and preseason strength and conditioning programs for each sport. Dave also served as an adjunct professor in the Exercise Science department teaching strength and conditioning principles and application of those principles.

Dave recently moved back to Sheboygan County and is employed full time by Prevea's Sports Medicine Department providing services to Sheboygan South High School.

Credentials and Qualifications

Dave was awarded a Certified Personal Trainer (CPT) credential by the National Academy of Sports Medicine (NASM) and also possesses a specialization as a Performance Enhancement Specialist (PES). Dave's extensive education and experience in rehabilitation and sports medicine ensures you will be reaching your goals safely. By avoiding pain and injury you will also reach your goals faster!