

Dave has a Bachelor's of Science from Washington State University in Kinesiology and is pursuing his Masters of Science in Sports Nutrition and will graduate in spring of 2017 after which he will begin his PhD in Wellness and Human Performance. His certification are through The National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist, USA Weightlifting, and will be testing for the CISSN through the International Society of Sports Nutrition.

Dave is the owner of Osborn Performance Systems strength and Conditioning gym and works with over 40 clients currently in a variety of sports ranging from semi-pro football , soccer, volleyball, EMTs, Law Enforcement, and powerlifters. Dave started the gym out of his parents 2 car garage and in 3 years has expanded into a 2,000 sq. foot commercial space, and now recently has moved the gym into a new 6,000 sq. foot commercial space at 221 S. Wenatchee Avenue. Dave was the Strength and Conditioning coach for WSU Men's Club Rugby for 2 years and Women's Club Rugby for 1 year while attending WSU. He has also worked with WVC Men's Soccer and is excited to be working with OPS FC to develop top level soccer athletes.

Dave is a veteran of the United States Marine Corps and a powerlifter with best lifts of a 645 squat, 475 bench, and 655 Deadlift at 303 lbs. His personal philosophy in regards to training is ensuring athletes are as advanced physically as they are technically in order to stay injury free and performing at peak levels during their competitive season.