



## Get to know you SOLA Staff

Name	Brock Banos
What is your role/title at SOLA and explain what it is you do?	Vice President, Program Operations. I work directly with our local training programs and support our staff overseeing programs such as sports and competition, unified champion schools, health, and athlete leadership.
What is your favorite part about working at SOLA and for our athletes?	I've had the opportunity to experience some amazing things with SOLA. My favorite part is seeing our work make a difference in our athletes' lives. Whether it's at a competition, a fitness program, or at healthy athletes, the smiles of the athletes will change anyone's life.
Describe SOLA in 5 words.	Courage, Determination, Inclusion, Perseverance, Attitude
What did you want to be when you were growing up?	I wanted to be a professional baseball player growing up.
What do you enjoy doing in your free time?	In my free time, I love being outdoors and doing things such as hiking. I also love working out and participating in CrossFit. I love to spend time with my kids and watching football and baseball.