



Jay Brandt

“Coach Jay” was born and raised in Langhorne, PA. His youth consisted of playing Baseball, Football, Bowling, and participating in Track and Field. He attended Bishop Egan High School in Fairless Hills, PA where he lettered in Football, danced annually in Spirit Night Activities, and was in a Senior year Drama Club production of Mr. Roberts. By no means was Jay an elite athlete, but was always considered one of the hardest workers in the room! Jay’s early college life found him dabbling as a Music major, but He shifted to Psychology in his Sophomore year. He graduated from Penn State University with a B.S. in Psychology with an Industrial/Organizational Focus. After Graduating from Penn State, Jay’s career lead him to a successful career in sales and sales management, which he maintained until the founding of MindBodyArt, with his wife Michele.

Jay’s ultimate purpose in life is helping develop the youth of our community. This passion began shortly after agreeing to coach soccer over a decade ago. He caught the coaching bug and began coaching baseball, basketball, and football. He coached at a local youth football organization for 7 years, and currently coaches football for the State College Area School District. He is always researching and studying not only sports, but also the psychology of sport and the impacts that it can have on children’s lives. He loves teaching and helping others understand movement and biomechanics, fixing movement deficiencies, and working through mental barriers and blocks. He is dedicated to helping kids, and adults alike, become the best versions of themselves that they can become!

Currently, Jay is the Director of MindBodyArt After School Enrichment, Sports and Fitness Summer Camps, and Tumbling Program. In his role at MindBodyArt, He actually wears many hats, and he is essentially a building and operations supervisor for all our programs on a daily basis. Jay is a Certified Personal Trainer through National Academy of Sports Medicine, a USA Football Certified coach, is a certified Tumbling Instructor through Coach Wayne Evan’s of Savannah, GA, CPR and First Aide Certified, and he is currently working towards multiple fitness and youth fitness certifications. Jay resides in Stormstown with his wife and founder of MindBodyArt, Michele, and their 2 awesome kids, Ian and Katie, and their 2 dogs Bella, and the frequently seen Graycie!