



MEDIA KIT

DR. DAVIS MCALISTER

SPORTS PERFORMANCE SPECIALIST, AWARD-WINNING COACH, TOP EDUCATOR, SPEAKER, AUTHOR





About Me

Dr. Davis McAlister is a Speaker, Author, Veteran, Sports Performance Specialist and award-winning Sports, Strength, and Conditioning Coach that has been featured on Good Morning Texas, Dave Campbell's Texas Football, and received recognition as Frisco Style Magazine's Top Doc.

He has successfully navigated the journey from being a homeless teen to the military and on to become who he is today. He has over 15 years combined teaching and coaching experience in the State of Texas. He served in the US Army for 8 years prior to earning a Bachelor of Science degree from Mississippi State University. He was awarded a Master of Educational Leadership from Sul Ross State University, and a Bachelor of Anatomy, Doctor of Chiropractic, and Master of Strength & Performance from Parker University.

Dr. McAlister excels as a coach with a long history of state and national winners while being recognized as the Coach of the Year for 2022 and 2023 and as an Outstanding Coach and Educator by the Texas House of Representatives. He is the author of "The Pillars of Powerful Parenting: Guess What Your Teen Told Me Today" and the accompanying Study Guide where he brings together his personal experience and work with teenagers and their families to provide readers with a framework to improve their family environment. He has been featured on The Jay Maymi Talk Show and Small Business Journal with Bernell Taylor where he discusses his life journey and his passion for leading others. Dr. McAlister has been on numerous podcasts as well as presented keynote speeches on the topics of success culture and leadership to audiences of athletes, sports teams, business professionals, and veterans!

MEET THE DOC!

TOPIC 1:

Leadership Development

Expertise

- Multiple Coach of the Year awards.
- Recognized as an Outstanding Coach and Educator by the Texas House of Representatives in 2021
- His track record of success with students and athletes spans over 16 years with athletes achieving success at the state and national level.
- Led successful teams in the military, as an administrator, and as a business owner



Questions that Dr. McAlister can answer for you:

- What is a culture of success?
- Is there a model framework that can be easily implemented?
- How do you set the standard for success in a team or organization?
- What are the steps to effective leadership development within the team or organization?
- How do you motivate your team to be energized, creative, and innovative?
- How do you develop consistency within the team or organization?

TOPIC 2:

Success Principles

Expertise

His background as a homeless teen, veteran, and entrepreneur has forged a life of success through perseverance, self-discipline, determination, and self-motivation. He has found his purpose in helping others by teaching these principles of success for the sole purpose of seeing others overcome their challenges and obstacles.



Here are the questions that Dr. McAlister will be able to answer for your team or organization:

- What are the components of success?
- Is there a model framework for achieving success?
- How do you set the standard for success in a team or organization?
- How do you motivate your team toward embracing these principles?
- How do these principles translate to leadership roles?

TOPIC 3:

Parent/Teen/Family Dynamics

Expertise

- Master of Educational Leadership
- Principal Administration certification in the State of Texas.
- High school teacher for 12 years
- High school and national level coach for the past 16 years
- Has worked with teenagers and their families that greatly contributed to the success of countless teenagers while improving the family dynamics in their homes.



Here are the questions that Dr. McAlister will be able to answer for you:

- What the are the 10 Pillars of Powerful Parenting?
- What are core values and how do they apply to your family?
- What is the meaning of true unconditional love as a parent?
- What are the steps to resolving family conflict?
- How to establish consistency and structure?
- What are the essential components for effective family communication?

TOPIC 4:

Sports/Rehabilitation



Expertise

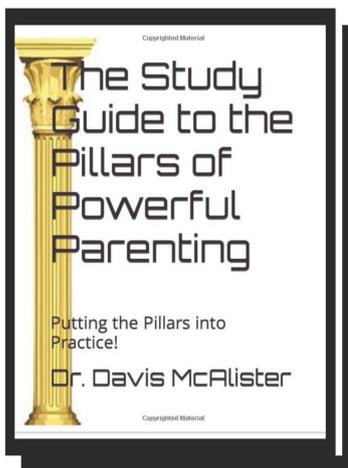
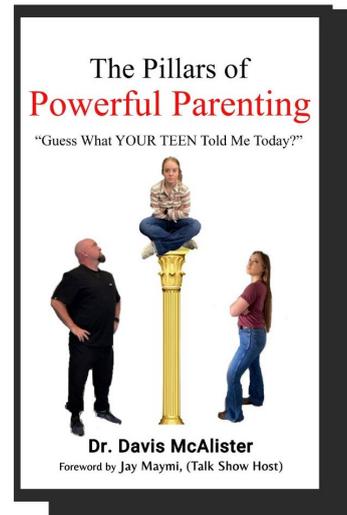
- Sports chiropractor for over the past 20 years.
- Master's Degree in Strength and Performance
- Numerous awards that include 2022 Top Doc in Frisco Style Magazine and Clinic Doctor of the Year in 2019 and 2020.
- Works with high level athletes in return-to-play rehabilitation therapy.
- Worked in multiple integrated office environments that included nurse practitioners, neurologists, and orthopedic surgeons.
- Works with veterans and athletes of all levels that have suffered traumatic brain injury to aid in their recovery through movement and exercise therapy.
- Team chiropractor for several sports teams including the Texas Tornados Hockey Team, the WNBA Dallas Wings, the XFL Dallas Renegades, local high school teams and different minor league baseball teams.
- Has presented on functional movement, strength and conditioning, and sports injury topics for conferences throughout the United States and overseas.

Presentations include:

- Non-contact ACL dynamics and pre-habilitation
- Diagnosis and treatment of chronic shoulder injuries
- Assessment and rehabilitation of squat technique
- Technique clinics on squat, bench, and deadlift
- The specifics of speed and agility
- Using a functional movement assessment to diagnose musculoskeletal dysfunction
- Using a functional movement assessment and exercise to treat TBI and PTS Syndrome

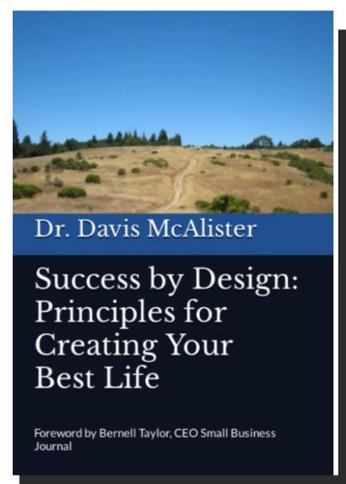
Dr. McAlister's Books

The Pillars of Powerful Parenting: Guess What Your Teen Told Me Today



The Study Guide to The Pillars of Powerful Parenting

Success by Design: Principles for Creating Your Best Life





HOW TO REACH ME!

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