



Name: Luke Jakubowski (Juba)

Age: 32 (born on 3/31/1980)

Years involved in Sports: since I was 3 years old

College: University of North Dakota—Pre-med Chemistry major (1998-2001)

Graduate School: Northwestern Health Science University—Bachelors in Human Biology & Doctorate of Chiropractic (2002-2005)

Sports Played

High School: played Varsity Football at Eagan High School as an offensive and defensive lineman in 1995, '96, & '97

- 2nd all-time in tackles for loss
- 2 time all conference defensive/offensive lineman in 1996 and '97
- 2 time Defensive Lineman of the year 1996 and '97
- Team captain 1997

College/post-graduate

- UND Rugby team 1999-2001
- Captain of the NWHSU National competition volleyball team 2003-'04

Current Athletic Involvements

- Volleyball, football, skiing, and powerlifting

Certification/Licensures

- Licensed Doctor of Chiropractic since 2006
- Certified Strength & Conditioning Specialist since 2007
- Currently working towards a Diplomat for the American Chiropractic Board of Sports Physicians (DACBSP)

Most embarrassing sports moment

- Jumping off sides on the first play of the game during my first start on Varsity against Lakeville (currently Lakeville North)

Most incredible sports moment

- Starting the homecoming game against rival Apple Valley as a sophomore

Most rewarding thing about being a part of SSTAR

- Seeing SSTAR athletes succeed in all facets of life, including personally, mentally, physically, and athletically. There's nothing like hearing an athlete thank SSTAR for all they've done for them when they're signing their scholarship on national signing day

Personal Philosophy

It has always been my passion to afford athletes and active individuals a resource that provides them with elite, advanced, and cutting edge knowledge and guidance in regards to injury diagnosis/management, rehabilitation, nutrition, training, and athletic mental development. In creating SSTAR, I have realized that I am able to take that passion and apply it to a large group of athletes, young and old, to help them improve athletically, properly and thoroughly deal with new and chronic injuries, and most importantly, prevent injuries common to their athletic passions!

I have never been one to quit early, fall short, or give less than my full effort in anything life has put in front of me, and my personal enlightenment is to apply that never quit mentality to all of SSTAR's patients and clients. All of the SSTAR family is influenced by the belief that there is no finish line when it comes to patient and client care—we will not be satisfied with mediocre. We will not be satisfied with our output even if our clients and patients are. We will never assume we've perfected anything. But, most importantly, we will NEVER stop providing the most current, advanced, and elite services now and in the future for all of our athletes. Ultimately, as our saying goes, *"The Game Will Never Quit Early...So Neither Will We."*