

Caleb Claton Coaching Bio

Caleb Claton is a current ZoneCoach® Trainer with one mission; to help each client achieve their version of success in life, business, or sports. As a coach, Caleb is exceptionally disciplined, deliberate, optimistic, and enthusiastic in helping his clients become their genuine, authentic best selves. He guides his clients in creating a customized Life Blueprint paired with the S.C.O.R.E.® Success System to manifest their Blueprint into its physical equivalent.

Caleb attended Coastal Carolina University, where he graduated with magna cum laude honors in 2019 with a B.S. in Business Administration accompanied by a minor in Psychology. Along with his academic success, he was a three-year student-athlete as an all-conference rugby player for the university's men's team. He received "Rookie of the Year" and "Forward of the Year" honors and multiple 7s All-Tournament Team selections. Caleb continued his education at Florida State University, receiving his M.S. with magna cum laude honors in Applied Sport Psychology in April of 2022.

Caleb is your coach if you seek to gain a mental edge in sports. He is currently coaching Division-1 athletes to peak performance by applying the S.C.O.R.E.® System and its sport-specific tools to their respective crafts to attract the Zone state. In addition to sports, Caleb is an expert coach on holistic health. By using the S.C.O.R.E.® System to positively influence your physical and mental well-being, he will help you find simplicity, balance and abundance in all areas of your life.

As an individual, Caleb is a pursuer of constant, never-ending self-development. He's an avid weightlifter and runner who enjoys most of his time being active outdoors and spending time with family and loved ones.