

# Faces Of New Bedford #110: Nick Correia

Meet Nick Correia, 36-year-old construction worker and conditioning trainer.



Growing up, Nick's uncle was the head coach for the basketball team at New Bedford High School, so he spent plenty of time at the games. At the first game he attended, he saw Mike Herren play against his uncle's team with 5,000 people in attendance at Durfee High School.

Naturally, he played sports throughout his youth and when he started at NBHS, began playing on the different sports teams at the school. His way of fitting in though, was through alcohol and partying, as he would throw parties at his house on the weekends for his friends. This continued with him to college, where he was kicked out of Western New England College for his failing grades, due to his excessive drinking.

Nick returned to New Bedford and his problems only got worse, as he lost a few friends to unexpected deaths. On the outside, it seemed things were going good, as he worked a full-time job in construction and began coaching at New Bedford High and UMass Dartmouth, but on the inside, he was in turmoil. A knee injury is finally what pushed Nick over the deep-end, tossing

him into a long battle with opioid addiction, costing him his coaching positions and almost his life.

Through the help of Chris and Mike Herren, Nick was able to get into a program, where he found sobriety and a new outlook on life. He began getting back into fitness and after a few years under his belt, the opportunity for him to work with Athletes First, where athletes from all over train in strength, conditioning and agility, all while learning the proper nutrition to perform at their peak potential. Nick was also able to work with the NBHS freshman football team this past summer, getting them conditioned for the season and be an example of how you can overcome the struggles in your life to continue doing what you love.

*"I don't care how rough the waters are, just bring the ship home."*

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Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to [colton@coltonsimmons.com](mailto:colton@coltonsimmons.com).

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