

Mike Longo

mlongo30@aol.com

Confident, high energy experienced professional with focus on safety and protection.

Skills

Keen Observation, attention to detail
Strong work ethic
Positive, friendly disposition
Problem solving
Open Minded Self confident
Team Oriented
Health Conscious

Work History

Bodyguard , 2005 to Current

Starwatch Production Services – New Hyde Park NY. Personal Bodyguard for: Al Pacino, Van Morrison Personal Security provided for; Billy Joel (MSG, Nassau Coliseum, Shea Stadium), The Apprentice (Trump Towers), Foster The People (United Palace), Tony Awards (Radio City Music Hall)



Personal Security, 2007 to 2010

Strike Force/ Live Nation – Madison Square Garden

Provided personal security for: Kid Rock, Chris, Brown, Kanye West, Chris Rock, My Chemical Romance, Jay-Z, Mary J. Blige, Winwood Clapton, Linkin Park, Mark Anthony, Jennifer Lopez, The Eagles, Rascal Flatts, Jimmy Buffett, Maroon 5, Stevie Wonder, Tony Bennett, Z-100 Jingle Ball, Michael Buble, The Rolling Stones, Beyonce, Sting, The Police, Backstreet Boys, Cold Play, George Michael, Josh Groban, Justin Timberlake, Lady Gaga, Neil Diamond, O.A.R., Paul McCartney, Rihanna.

Security, 2010 to 2013

Madison Square Garden Security – Madison Square Garden

Provided personal security for all Concerts and sporting events including; Rangers, Mets, Knicks, Liberty, NCAA, Westminster Dog Show, Cirque du Soleil

Other History

Professional Baseball Player, 1980 to 1983
MLB Atlanta Braves – Durham, Carolina
Professional baseball (Outfielder)

Coach/Instructor, 2014 to 2016

East Coast Baseball Academy – Yorktown NY.

Coached 17U youth baseball

Ran clinics for ages 5-10

Accomplishments

1998-2005 Professional Body Builder (N.B.I. & I.N.B.F.)

Credentials

Licensed Security Guard ID# 10010240523

A.C.E. Certified Personal Trainer

A.F.F.A. Certified Personal Trainer

CPR Certified

Reebok & Schwinn Studio Cycling

Kickboxing Instructor