

SCHECHTER ALUMNI

Spotlights



“Schechter helped teach me hard work, diligence, and a passion for learning. The positive experiences I had with the Schechter faculty not only prepared me for high school and college, but for life, as well.”

Gabe Derman (SSDS '07)

Helping our 7th and 8th grade boys' basketball teams win the League Championships in 2006 and 2007 was only the beginning for **Gabe Derman (SSDS '07)**. He continued on to Evanston Township High School, where he was involved in the Israeli Club and served as the Captain of the Varsity Baseball Team. He then earned a B.S. in Kinesiology from the University of Michigan and an M.Ed. in Sport Science from the University of Texas, before carving out a unique professional path centering around his passion for human performance.



Gabe coaching athletes at UW

Gabe's achievements within the world of college athletics is vast—working as a strength and conditioning coach for multiple respected programs, including University of Texas Athletics (with legendary coaches Augie Garrido and Shaka Smart), UCLA Men's Basketball, the University of Washington's Men's Baseball Team (2018 College World Series participants), and serving as the Director of Player Performance for the Men's Basketball and Golf Programs at the University of Illinois-Chicago. After seven years of coaching in athletics, he joined Keiser Fitness as a human performance and education specialist, consulting with professional, collegiate, and Olympic athletic organizations, as well as tactical, older adult, and medical professionals on best practices related to fitness and performance.

Passionate about connecting with people and helping individuals lead a stronger, healthier, and better life, Gabe founded **Derman Performance**, an online fitness and personal training platform. Derman Performance is dedicated to matching individuals with certified, elite-level coaches to deliver customized, app-based training programs to support people on their respective health and fitness journeys.

Click the following link to learn more about Gabe's business, **Derman Performance**: [website](#)



Left: 8th grade basketball champs (SSDS '07) for Schechter
Showdown: Jacob Lowenstein, Zach Spellman, Abe Dube, Adam Seidenberg, Ari Shefler, Noah Malmed, Aaron Cohn, Elliot Weiss, Ari Bressman, Paz Abergel, Gabe Derman, Gabe Rubin, and Kevin Rahmanim

Right: Former classmates and lifelong friends Ari Shefler, Gabe Derman, Zach Spellman, and Adam Seidenberg celebrate at Ari's wedding in 2018



From creating a Zoom Torah Study group during COVID with fellow Schechter alumni, to still maintaining his fantasy football league with former middle school classmates, Gabe remains firmly connected to Schechter friends and the larger community.

Both of Gabe's siblings live in Chicago: his sister, **Rachel Derman (SSDS '03)**, works at McKinsey & Company and is married to Johnny Stish (a wedding Gabe officiated!), and his older brother, **Evan (SSDS '01)**, works in tech and lives with his wife, Erin, and their new child, Theo.

“It is rare that someone speaks as passionately about their grade school experiences like those that went to Schechter... Schechter provided a special combination of support, care, and skill-building, that is uncommon in many parts of the country and the world. Schechter is a special community, and a community I always feel welcome in and close to, regardless of my physical distance.”