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**For Immediate Release:**

## **Sedalia Man Found Guilty of Sexual Assault on Teen Athletes**

Aaron Carrado assaulted athletes at his “Strength of Christ” gym in Parker.

**Castle Rock, CO** – August 14, 2025. A Douglas County jury found 51-year-old Aaron Thomas Carrado guilty of 12 charges including six counts of “sexual assault on a child by one in a position of trust as a pattern of abuse.”

Carrado, from Sedalia, was a trainer at the “Strength in Christ” gym in Parker. Two athletes he coached testified he had sexually assaulted them repeatedly between 2019- 2022. The assaults occurred both at the gym and at other locations. One victim was 15 at the time, the other 16, when the abuse happened.

The investigation began when Carrado’s ex-wife contacted authorities after discovering disturbing notes and social media messages he had sent to the teens. During the investigation, Carrado fled to Montana where he was later arrested.

“The defendant was entrusted to train Olympic -level high school athletes, “said Chief Deputy District Attorney Danielle Jaramillo. “Instead, he violated and betrayed them. These courageous survivors have shown that no title, no position, and no power can shield a predator from justice.”

Senior Deputy DA Abby Hegarty thanked the jury for their role in securing the conviction. “This man thought he was above the law,” said Hegarty. Now he’ll spend many years behind bars- hopefully reflecting on the damage he caused two young lives.”

District Attorney George Brauchler singled out the excellent work of investigators with Parker Police and the Douglas County Sheriff’s office. He says justice was served. “After using his position as a personal trainer and his fake claims of Christianity to victimize these trusting victims- all while married with children-this gutless, faithless predator fled the state. But he could not outrun justice. As long as there are courageous victims willing to stand up to those who prey upon them, we will continue to work relentlessly to send those sexually deviant predators to prison for as long as possible.”

Carrado will be sentenced November 13<sup>th</sup>. He faces anywhere from 8 years to life in prison.

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