

Specializing in strengthening, conditioning and rehabilitating athletes, medical patients and wellness clients. Recognized for (1) developing innovative training methods for specific needs of athletes, medical patients and military personnel; (2) unique ability to analyze, evaluate, design and implement programs in wide range of settings to increase soldier resiliency and reduce injuries caused by physiological factors and sports-specific factors; and (3) ability to control peaking for performance and preventing inconsistencies in performance caused by physiological and environmental factors. Committed to communicating clearly for results with both clients and team members / co-workers. Challenge-driven with strong desire to help others reach their goals

PROFESSIONAL EXPERIENCE

TVG STRENGTH & CONDITIONING CONSULTING – Birmingham, AL Various Dates – Present
Owner / Strength & Conditioning Coach / Consultant

- National Tactical Fitness – 2013 www.nationaltacticalfitness.com/
Team Member
Tactical Strength and Conditioning Coach and Contributing Author
- TAMPA BAY RAYS – Port Charlotte, FL (2008 – Present)
Consultant to Minor League Conditioning Coordinator
Designed and presented nutrition guidelines for pitchers and players. Presented research on (1) kinesiological design of sport specific exercise, and (2) use of weighted implement training for pitchers.
- BALTIMORE ORIOLES – Baltimore, MD & Sarasota, FL (Spring Training, May 2012)
Consultant / Strength & Conditioning Coach
Presented research on (1) use of weighted implement training for pitchers, and (2) kinesiological design of sport specific exercise. Designed spreadsheet for volume, tonnage and exercise intensity prescription. Designed documentation system for in-season starting pitcher workout. Analyzed and made recommendations for current training program for pitchers and players (all levels). Worked with all minor league athletes in all aspects of conditioning for spring training. Instructed coaches and athletes regarding the introduction of Olympic lifts into conditioning workouts. Designed and presented post-game nutrition recommendations for starting pitchers. Trained major league strength coaches, pitchers and players in all aspects of training. Provided nutritional assessments for players and pitchers. Created individual nutrition plans with ergogenic supplements.
- AMERICAN COLLEGE OF SPORTS MEDICINE'S *Foundations of Strength Training and Conditioning*, 1st edition textbook (2011)
Reviewer
- 160TH SPECIAL OPERATIONS (AIRBORNE) – Fort Campbell, KY (2011)
Instructor – “Sport Medicine: The Weightroom Medic and Shoulder Mobilization Preparation”
- 160TH SPECIAL OPERATIONS (AIRBORNE) – Fort Campbell, KY (2011)
USA Weightlifting Instructor for Level 1 Coach Certification

- PROMISE REGIONAL MEDICAL CENTER'S *HealthFare Magazine* – Hutchinson, KS (2009)
Contributing Writer
Wrote and developed recurring *Healthlines* feature, which offered topic-specific health information (specifically, nutrition and exercise advice for general public health and fitness) in each issue. Consulted with dietitian contributor for *Recipe for Good Health* feature, which feature included recipes applicable to each *Healthlines* feature topic.
- PAUL BYRD, PITCHER FOR CLEVELAND INDIANS AND BOSTON RED SOX (1995 – 2008)
Personal Strength & Conditioning Coach
Designed all aspects of strength and conditioning program.
- VARIOUS PERSONAL TRAINING / PERFORMANCE CENTERS & BUSINESSES – Birmingham, AL (Ongoing)
 - Mirela's Personal Training – Birmingham, AL (2004 – Present)
 - Rhodes Performance Methods (RPM) – Birmingham, AL (2006 – 2007)**Consultant / Strength & Conditioning Coach**

UNIVERSITY OF ALABAMA AT BIRMINGHAM – Birmingham, AL

2006 – 2011

Adjunct Instructor

- PE 440 & 640 – Advanced Conditioning Principles for the Athlete (2006 – 2011)
Prepared students to sit for National Strength and Conditioning Association's Certified Strength and Conditioning Specialist Exam. Fully responsible for instruction and grading. Incorporated technology into instruction, featuring computer programs for literal working models that calculate training routines based on classical periodization concepts. Instructed students on how to perform biomechanical analysis using videos of various sports-specific movements with ancillary software, websites and multimedia presentations.
- PE 115 – Weight Training (2009 – 2010)
Introduced students to the principals of weight training and the benefits of resistance training as part of one's overall health-related fitness. Fully responsible for instruction and grading. Educated students on the principles of weight training, the techniques of safe weight training, and the difference between resistance machine exercises, free weight exercises and functional transfer exercises. Gave students the opportunity to learn the components of exercise program design, allowing students to feel confident in their knowledge and skills to continue a lifetime of weight training to maintain their muscular fitness.

TOTAL SPORTS PERFORMANCE INSTITUTE & FULL SPORTS AHEAD – Birmingham, AL

2009 – 2010

Director of Strength & Conditioning

Designed facility and ordered all equipment for performance center. Trained and educated assistant strength and conditioning coach on all aspects of training. Consulted on design of marketing material and strategies to create brand awareness. Collaborated with computer programmer in design and development of website.

TRAINING FOR PERFORMANCE & WELLNESS (T4PW) – St. Petersburg, FL

2008

Director & Consultant

Designed and implemented all performance, wellness and post rehabilitation programs. Designed educational material and incorporated technology into instruction. Designed facility and ordered all equipment for performance center. Collaborated with computer programmer in design and development of website. Researched and designed multiple pricing strategies for client services. Designed marketing material and strategies to create brand awareness. Marketed program to physicians, sport coaches, recreational teams and businesses in area.

ALABAMA ORTHOPEDIC, SPINE & SPORTS MEDICINE ASSOCIATES – Birmingham, AL 1996 – 2007

Director of Rehabilitation & Wellness

Designed and implemented all performance, wellness and post rehabilitation programs including rehabilitation protocols and post-rehabilitation protocols for all orthopedic diagnoses. Designed patient and employee wellness programs, including exercise and nutrition programs. Designed functional transfer conditioning programs and education system for patients returning to work and home. Designed pre- and post-testing protocols for fitness evaluation, and created wellness health status questionnaire. Prepared updates for physicians and physician assistants regarding patient complications, such as medicine and post-surgical treatment. Supervised sessions for average of 80-120 physical therapy and wellness patients weekly. Served as a liaison with workers' compensation case workers to provide physical therapy updates. Determined need for and ordered physical therapy and wellness equipment. Maintained expense records for budgeting / financial purposes. Trained and supervised Licensed Physical Therapist regarding office and rehabilitation protocols

BACK ON TRACK CHIROPRACTIC CENTER – Birmingham, AL 1995 – 1996

Director of Rehabilitation & Wellness

Designed and implemented rehabilitation and conditioning systems. Implemented rehabilitation protocols and post-rehabilitation protocols for all chiropractic diagnoses. Designed patient wellness program, including exercise and nutrition programs. Designed pre- and post-testing protocols for fitness evaluation, and created wellness health status questionnaire. Designed functional transfer conditioning programs and education system for patients returning to work and home.

CHICAGO WHITE SOX – Sarasota, FL; Nashville, TN; & Birmingham, AL 1992 – 1994

Assistant Director of Conditioning

Supervised general conditioning for approximately 125 athletes at spring training. Assisted with all players and pitchers in all aspects of conditioning and rehabilitation. Assisted with statistical analysis regarding days available versus days not available for player productivity. Traveled as roving instructor for *Nashville Sounds* (AAA) and *Birmingham Barons* (AA) until free agent draft in June. Assisted during rookie camp and supervised Gulf Coast League Conditioning Program. Assisted with 1993 Instructional League. Supervised 4 Certified Athletic Trainers.

LOUISIANA STATE UNIVERSITY – Baton Rouge, LA 1990 – 1992

Graduate Assistant / Coordinator

Designed and implemented conditioning program for 1991 National Champion Baseball Team. Designed and implemented weighted implement training program for pitchers and hitters, supervised training sessions, and created personalized diet plans. Supervised approximately 40 athletes during pre-game warm-up and weight training sessions, and up to 50 athletes during restorative and recovery training after competition. Supervised weight training and conditioning sessions for football. Supervised weight training sessions for men's and women's Track and Field Team. Designed and implemented conditioning program for men's and women's Tennis Team. Supervised 2 student strength coaches.

UNIVERSITY OF OKLAHOMA – Norman, OK 1984 – 1985, 1990

Undergraduate Assistant

Designed conditioning programs for all sports and supervised training sessions. Gained knowledge of, and experience with, numerous types of conditioning programs and computer programs.

SEMINOLE JUNIOR COLLEGE – Seminole, OK 1987 – 1988

Head Strength & Conditioning Coach

Designed and implemented conditioning program for Baseball Team (ranked 2nd in nation in NJCAA baseball, set NJCAA most consecutive wins with 55, and finished season 85-13). Created individualized conditioning programs based on a player's special needs and position.

Invited Lecturer & Instructor

- Alabama Association of Diabetes Educators: *Diabetes and Exercise*, Speaker 2009
- AM 620 Sports Animal, Talk Show Guest Co-Host – Tampa, FL 2008
- AM1070 Doc Talk, Talk Show Guest Co-Host – Birmingham, AL 2008
- Alabama State NSCA, Instructor for Football Off-Season Conditioning Program – Birmingham, AL 2004
- CD Package – Training Young Athletes: *Taking Young Athletes to the Next Level*, Guest Lecturer 2003
- PASSOR Conference: *Lumbar Stabilization Course*, Instructor – Atlanta, GA 1997

EDUCATION

UNIVERSITY OF ALABAMA AT BIRMINGHAM – Birmingham, AL 1999
MAEd, Exercise Physiology

LOUISIANA STATE UNIVERSITY – Baton Rouge, LA 1990 – 1992
 Completed 21 hours of graduate coursework in Kinesiology; 1991 Chancellor's Honor List
 • **Research:** *Effect of Weighted Implement Training on Throwing Velocities in Baseball Pitchers* (May 1991)

UNIVERSITY OF CENTRAL OKLAHOMA – Edmond, OK 1991
BS, Physical Education

CERTIFICATIONS

NATIONAL STRENGTH & CONDITIONING ASSOCIATION 1996 – Present
CSCS (Certified Strength & Conditioning Specialist) – Certification #965518

AMERICAN RED CROSS 3/23/2013 - 2/23/2015
Adult First Aide, CPR, EAD

ACTIVITIES & SPECIALIZED TRAINING

- 2011 National Masters Weightlifting Championships Bronze Medal – Savannah, GA
 - Qualified for 2011 Masters Pan Am Championships
 - Qualified for 2011 Masters World Championships
- 1996 Fall Challenge Century Bike Ride (100 miles) competitor with time of 6:15 – Mt. Meigs, AL
- 1989 US Olympic Festival, USAW Assistant Expediter – Oklahoma City, OK
- 1987 & 1988 – USPF National Collegiate Powerlifting Championships Bronze Medal – Oklahoma University and Temple University
- 1987 & 1988 – National Collegiate All American in Powerlifting
- 1987 USA Junior World Powerlifting Team – Lima, Peru
- 1987 USPF Men's Senior National Powerlifting Championship 5th Place – Chicago, IL
- Was coached in Olympic-style weightlifting by:
 - Gayle Hatch (Head Coach 2004 US Olympic Weightlifting Team, Athens, Greece; 2002 Barnholth Award; USAW Senior International Coach) – Olympic Training Center, Baton Rouge, LA
 - Steve Miller (Head Coach 2010 Youth Olympic Games and 2009 US School Age Girls Olympic Weightlifting Team; 2004 Barnholth Award; USAW Senior International Coach) – Norman, OK