

# Michael Lee Jones

# Strength and Conditioning Coach

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(214)-926-4939

## SUMMARY

In a multi-varied position, I am head coach in charge of developing Starting Strength coaches, and coach apprentices. I also act as staff coach and nutrition coach, guiding clients from weak and undernourished to strong and healthy. I regularly observe doctors of physical therapy diagnose soft-tissue and orthopedic ailments, then execute their therapeutic and rehabilitation orders, widening and deepening the scope of my own practices as a coach. The day-to-day responsibilities also fall to me, from overseeing gym maintenance and cleanliness, to managing stock, vetting interviewees, and promoting team and community culture.

## PROFESSIONAL EXPERIENCE

Starting Strength Plano	September 2022 - Present
Head Coach	September 2023- Present
Team Mentor	September 2022- September 2023
Staff Coach	
Precision Nutrition Coach PN1	
Mobile Athletic Club	August
2021-August 2022	
Owner, Operator, Head Coach	
Starting Strength Dallas	2019- 2021
Staff Coach	2020- 2021
Apprentice Coach	2019- 2020
Lakehill Preparatory School	2016-2021
Head Strength and Conditioning Coach	2019- 2021
TAPPS Six-Man Football, Division II State Champion	2020
TAPPS Six-Man Football, Division II State Champion Runner-up	2019
Strength and Conditioning Coach	2016- 2018
Southern Methodist University	2007-2009
Intern with Head Strength and Conditioning Football Coach, Vic Vilorio	

## **EDUCATION**

Precision Nutrition Level 1 Nutrition Coach	June 2023
Olympic Weightlifting Coach Camp- Josh Wells SSC, Nick Delgadillo SSC	June 2023
Starting Strength Coach Credential	September 2021
Starting Strength Seminar	December 2023
	October 2023
	August 2023
	May 2023
	February 2023
	(passed opt-in) August 2021
	September 2020
Starting Strength Coach Development Course	2019- 2020
Olympic Weightlifting Coaching Seminar- Josh Wells, SSC	2020
Injury, Pain and Rehabilitation Seminar- Darin Deaton DPT, SSC	2020
Squat Coaching Seminar- Nick Delgadillo SSC	2020
Squat and Deadlift Camp- Darin Deaton DPT, SSC	2019

## **REFERENCES**

Mr. Jordan Burnett, SSC

Head Coach, Starting Strength Dallas

Dallas, TX

[jordan.p.burnett@gmail.com](mailto:jordan.p.burnett@gmail.com)

Mr. Jairus Mitchell

Head Football Coach, Lakehill Preparatory Football

Dallas, TX

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