

Jeremy Richards
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Education

Masters of Arts in Kinesiology/Sports Management
University of South Dakota, Vermillion, SD

In Progress

Bachelor of Science in Kinesiology

May 2023

Tarleton State University, Stephenville, TX Concentration: Strength and Conditioning, Minor: Coaching

Certifications:

- National Strength and Conditioning Association (NSCA) CSCS Certification (August 2023)
- CPR/AED Certified (September 2024)

Professional Experience

Sports Performance Coach:
Built 4 It Sports Performance, Southlake, TX

June 2024 - Present

- NFL Draft Prep
 - Assist with running speed & agility training and running weight room sessions.
 - Collect KPI data and input it into our systems.
- Youth Development
 - Work with kids K-12th grade on speed, agility, power, and strength training.
- Professional Athlete Development
 - Worked with Cedric Wilson Jr, Trey Lance, AJ Minter, and others on building and maintaining speed, agility, power, and strength in their off-season training.
- Data Analysis and Organization
 - Built KPIs (Key Performance Indicators) for K-12th grade, college, and professional athletes and 1 on 1 clients.
- Return to Sport Testing
- Programming
 - Managed programming for adult group training, 6th-12th grade athletes, college baseball, and 1 on 1 clients.
- Daily Reports, Updates, Operations
 - Check-in with higher-ups regarding tasks given to complete.
- Payment Processing for Members and all other Facility Needs
 - Make sure members are assigned to training packages and process those payments.
- Marketing: Meet with community members including attending chamber events.
- Gym Planning and Organization: I ensured gym upkeep. This included necessary equipment repairs and contacting the correct people for parts to ensure timely repairs.
- Client Experience Creating connections with all of the gym members and not just being a coach to them.

**Director of Strength and Conditioning:
Redline Athletics, Sioux City, SD**

January 2024 - June 2024

- Head strength coach for Redline volleyball, football, basketball, and dance
- Head strength coach for Sioux United FC
 - Used Teambuildr as main programming tool
- Oversee programming for volleyball, football, basketball, dance, and soccer
- Responsible for leading other strength and conditioning coaches at the facility
 - Execute team meetings and oversee programming
- Execute weight and conditioning sessions for each team
- Target group was middle and high schoolers for volleyball, dance, and basketball
 - The semi-pro soccer club was between 18 and 32 years old.

**Graduate Assistant Strength Coach:
University of South Dakota, Vermillion, SD**

June 2023 - December 2023

- Head strength coach for swim and dive, assist with football, men's basketball, volleyball, softball, women's basketball, golf, tennis, and cheer and dance teams
 - Used Google Sheets as main programming tool
- Oversee programming for swim and dive teams and execute weight training sessions
 - Women: 2nd place in Summit League conference.
 - Men: 3rd place in Summit League conference.
- Set up for different groups
- Oversee nutrition station - prep post-workout protein and carbohydrate shakes, clean and sanitize nutrition station as well as stocking snack station for athletes.

**Intern Strength Coach:
Tarleton State University, Stephenville, TX**

May 2021-May 2023

- Work with football, men's and women's basketball, baseball, softball, cheer, dance, and tennis teams
- Interim strength coach for the cheer and dance teams (NCA National Champions 2022): Oversee programming and execute conditioning and weight training sessions
 - Used Teambuildr as main programming tool
- Sanitize/prep the room for each group using the facilities
- Oversee fitness stations - fall and winter football conditioning camp sessions
- Oversee the nutrition section - dispense vitamins, protein shakes, and cliff bars to athletes.

**Personal Trainer:
24 Hour Fitness, Rockwall, TX**

December 2018 - January 2020

- Trained clients to reach their fitness goals
- Write exercise programs specific to the goals of the clientele
- Did monthly tests to measure the progress of the client in the program and to adjust if needed
- Worked with diverse clients of all ages, needs, and abilities – including but not limited to:
 - a 13-year-old client who wanted to get in shape;
 - an 83-year-old woman who was recovering from a car accident;
 - numerous clients who were undergoing rehabilitation from various injuries; and clients in the special-needs population.

**Assistant Strength Coach:
Performance Course, Allen, TX**

September 2019 - November 2019

- Worked with 3 high school teams at 2 different high schools: the men's basketball at Rockwall Heath High School and the baseball and softball teams at Rockwall High School
- Coach assigned racks and assigned parts of the lifts for the athletes
- Assist the other coaches by supervising warmups and conditioning sessions.