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The Evolution of the Strength Coach Role

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CONFLICT OF INTEREST STATEMENT

I have no known actual or potential conflict of interest in relation to this presentation.

DISCLOSURE STATEMENT

The views expressed are those of the author and do not necessarily reflect the official policy or position of the Department of the Army, The Department of Defense, or the U.S. Government.

Overview

The strength and conditioning coach role has evolved.

A valuable first step in understanding how, is reflecting on experiences, followed by identifying changes, and then responding with actions.

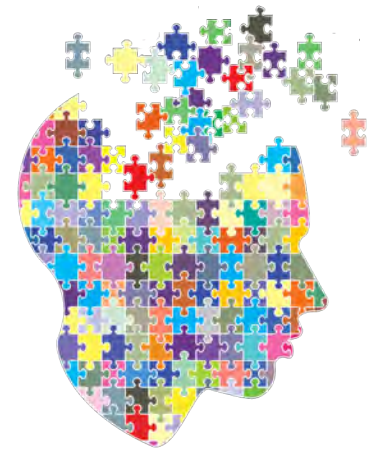
In this presentation, I'll explain how the role has evolved during my career, share lessons learned, and discuss the future of the strength and conditioning coach role.

Learning Objectives

Explain how the strength and conditioning coach role has changed.

Identify two proven strength and conditioning principles.

Summarize the relevance of 'Soft Skills.'



Key Topics

Context: Perspective of viewpoints

Advancements in the role

Linchpins or foundations

Lessons learned

Future opportunities



My Personal Goal

The Major Leagues



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Beginning



2001 Kansas City Royals
AA Strength Coach



2002 Colorado Rockies
Short Season A Strength Coach



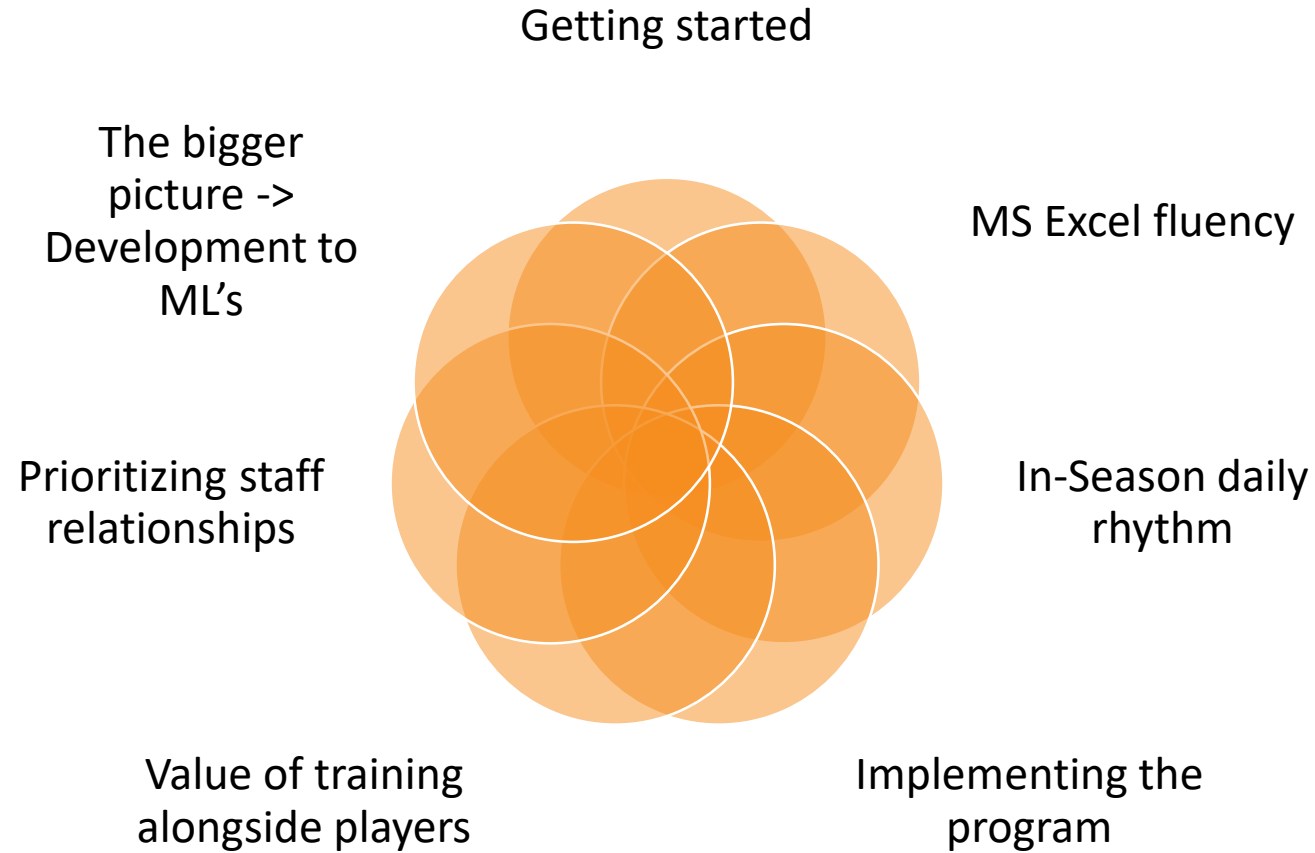
2003-2005 (3) Cleveland Indians
AA, AAA, AA Strength Coach

2006-2007 (2) Cleveland Indians
Minor League Strength and Cond. Coordinator



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Beginning



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Middle



2008-2011 (4) Los Angeles Dodgers
Major League Strength Coach
PBSCCS Secretary (1)

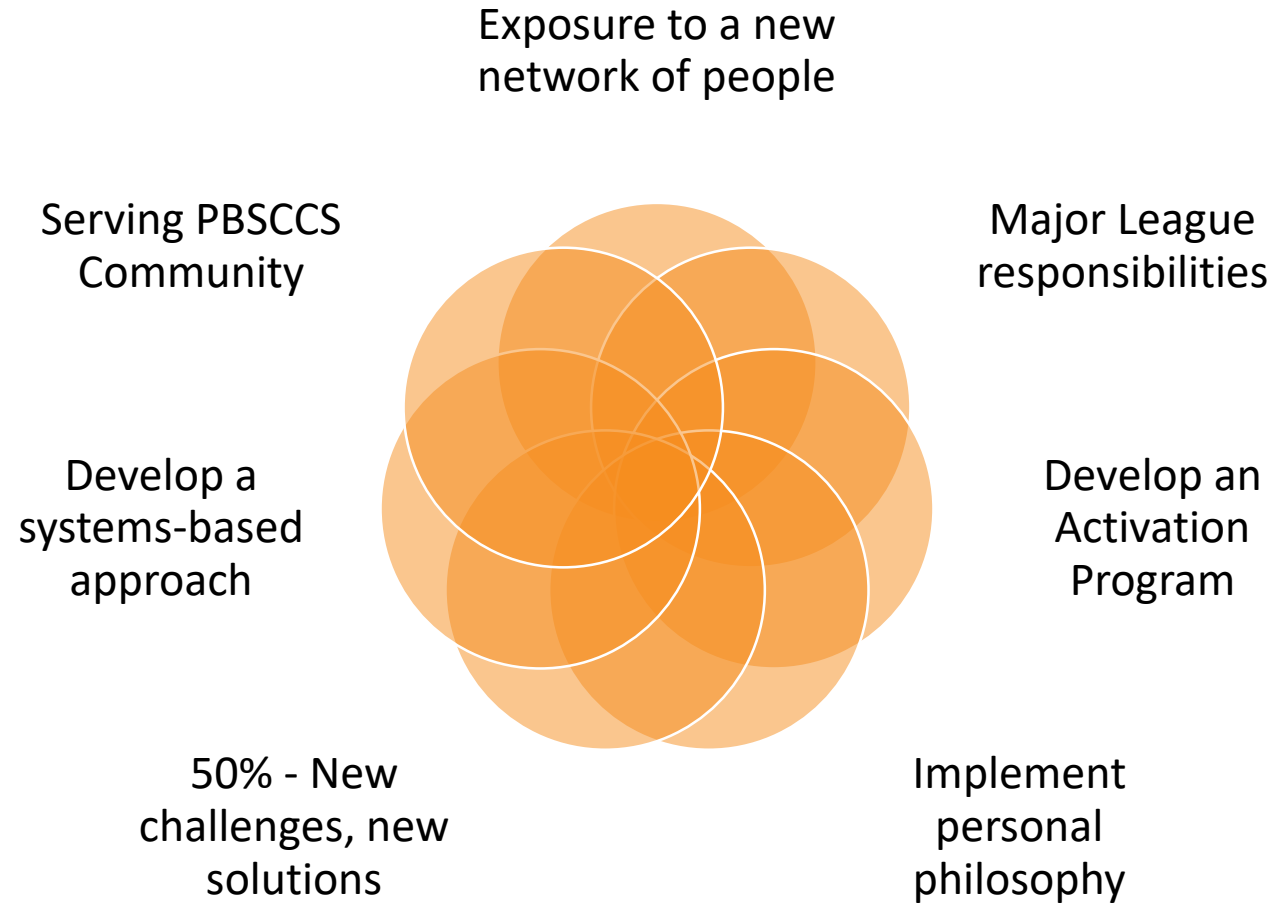


2012-2015 (4) Pittsburgh Pirates
Major League Strength Coach
PBSCCS Secretary (3), President (1/4)



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Middle



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Recent



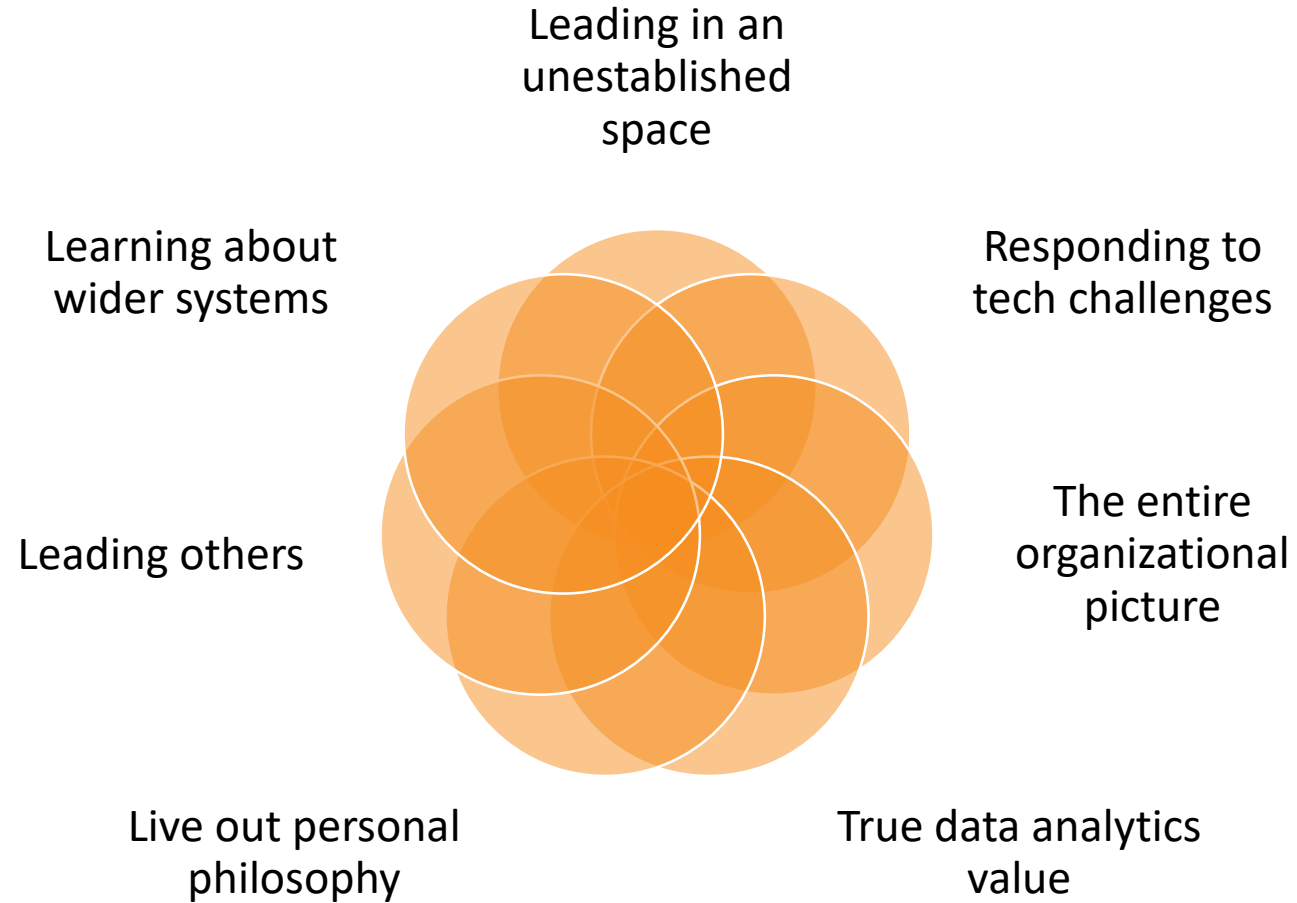
2016-2018 (3) Pittsburgh Pirates
Sports Science Coordinator
PBSCCS President (3/4)

2019-2020 (2) Pittsburgh Pirates
Director, Performance Science



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Recent



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Experience Summary

Years: 20

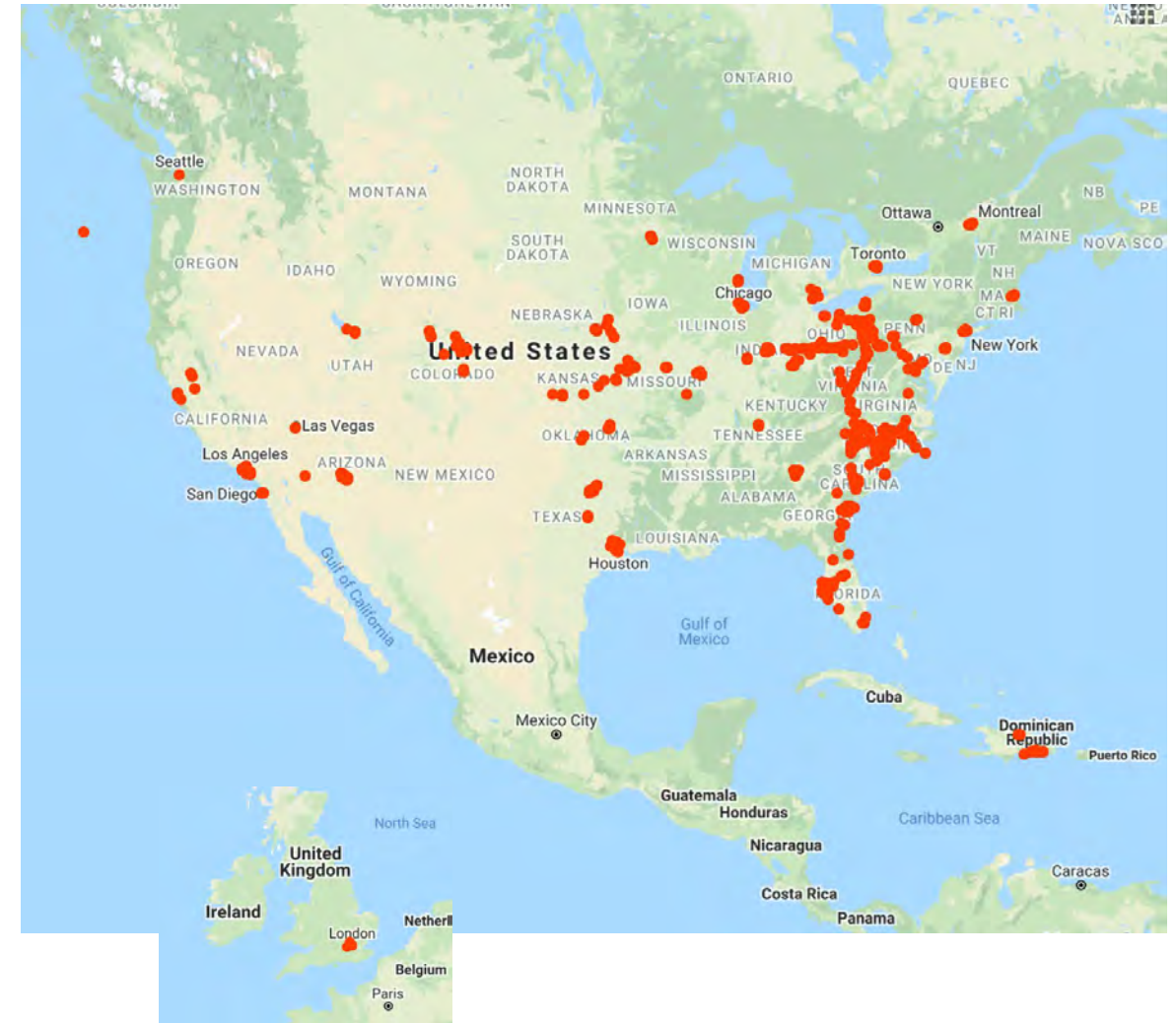
Relocations: 7

Organizations: 5

Positions: 5

PBSCCS Service: 8

Early in your career, expect do a lot for a little.



2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

Changes

The Value of SCC has increased

Titles: “Strength and Cond. Coach”

Organizational structure and reporting

Job Responsibilities



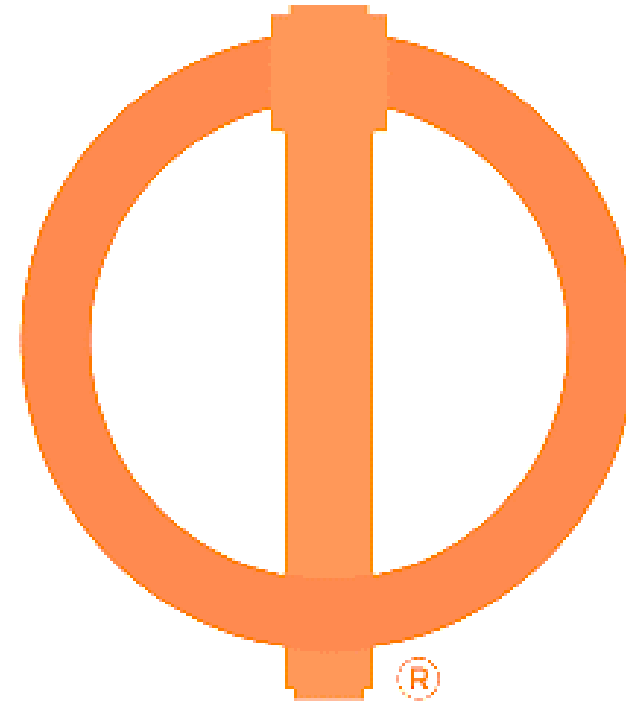
Stayed the same

Lifting parameters

Energy System Development (ESD)

Movement mastery

Work to Rest Ratios



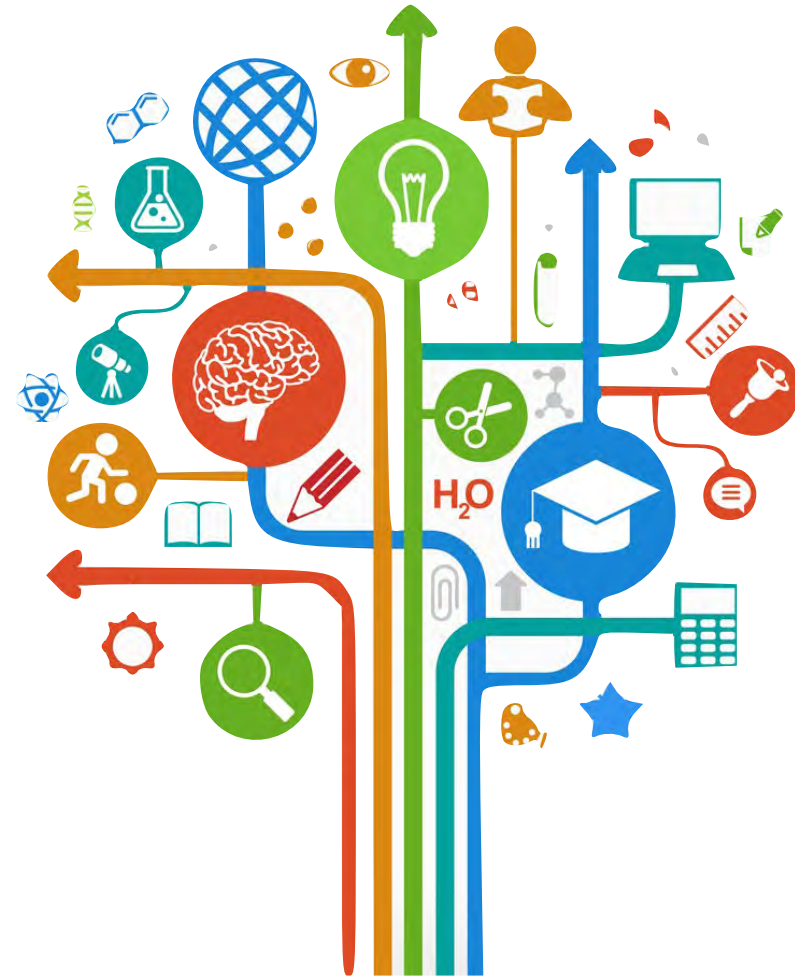
Lessons Learned

Expect adversity

Stick to your values and standards

Learn about differing viewpoints

Focus on the job you have



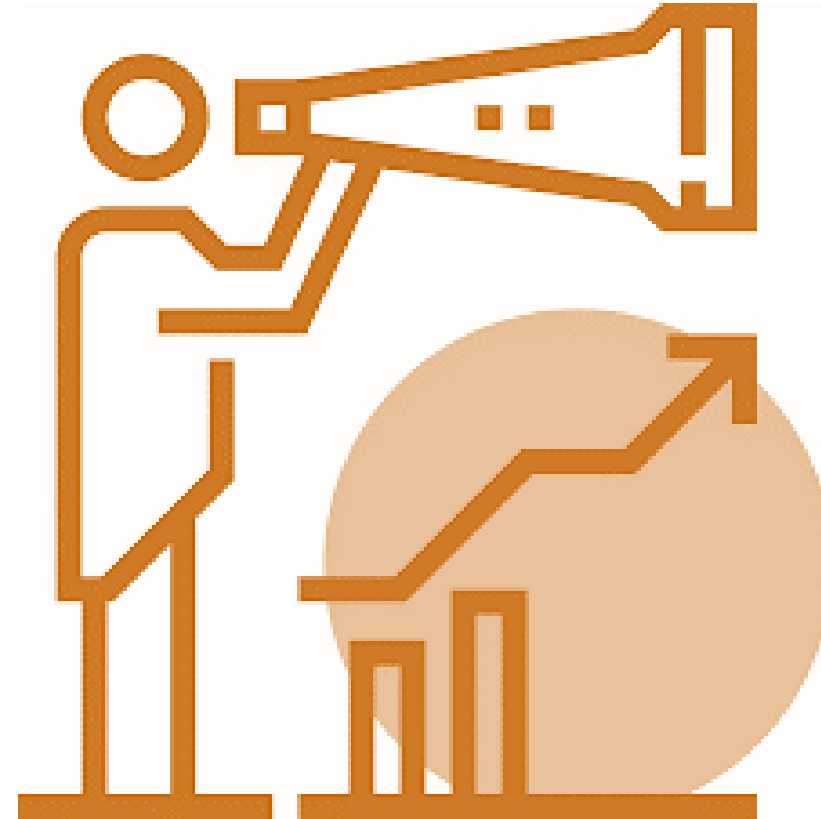
Future Opportunities

Communication

Perception

Competition

Relationships



Summary

Context: Perspective of viewpoints

Advancements in the role

Linchpins or foundations

Lessons learned

Future opportunities



Thank you.

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