



2022 NSCA TACTICAL ANNUAL TRAINING #NSCATactical22

CONFLICT OF INTEREST STATEMENT

The information in this presentation are my views only and do not reflect those of the Department of Defense or United States Army



Lessons Learned

A career in Tactical S&C



Ryan Carroll CSCS* D
*Lessons Learned Over a Career in Tactical Strength and
Conditioning*

**2022 NSCA TACTICAL
ANNUAL TRAINING**

- Early Career
- Mid Career
- Late Career

Early Career

- Networking
- Use LinkedIn Properly
- Know yourself
- Start mapping out your goals



Networking 101

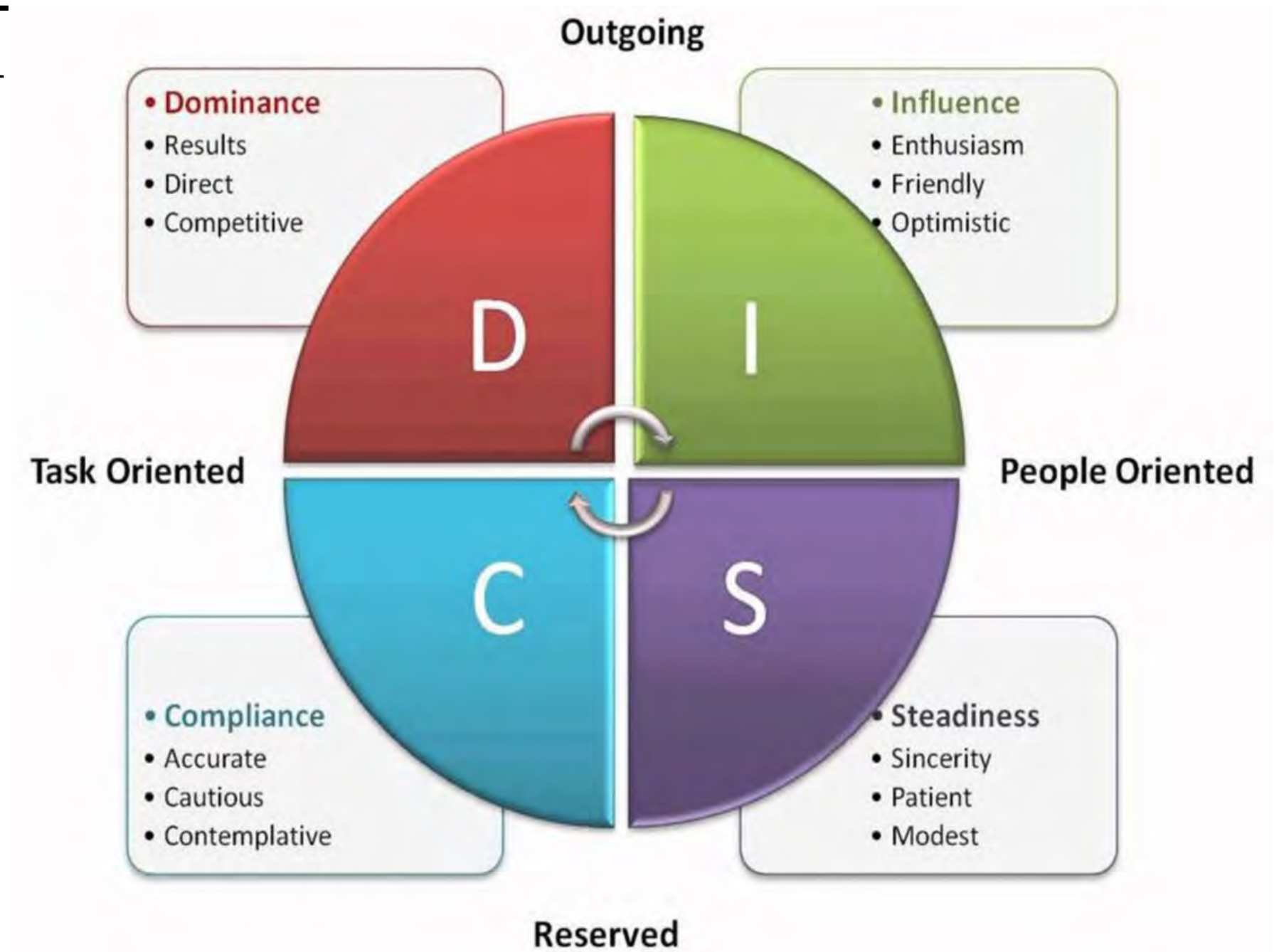
- Do Your Research (Org Structure/Staffing Companies)
- Podcasts
- Research
- Use your current network
- LinkedIn tips

Know Thyself

Who are you?

What is the makeup of your HP team?
What is the makeup of your command?

What does it mean to interact with each?



Map Your Career

- Where do you want to end up?
- Do you have the proper experience?
- Have you challenged yourself?
- Are you willing to relocate?
- Work the USAJOBS system



Mid Career

Progression is not linear

Why Sales Matters

Get Comfortable Being Uncomfortable

Education over coaching

The ugly side of administration

Military etiquette

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Progression is Not Linear



Why Sales Matters

"You Can't Teach a Kid to Ride a Bike at a Seminar" - David H. Sandler

- Bonding and rapport
- Up-front contracts
- Pain





Beyond the Research: Implementation of a Physiologically Specific Female Soldier Training Program

Ryan Carroll MS, CSCS*D



Evolution of the Female Soldier

Learning from the past to influence the future

Ryan Carroll MS, CSCS
Director of Tactical and Elite Sport

Get Comfortable
Being
Uncomfortable

A photograph of a green apple in the foreground, slightly out of focus, with a brown paper bag behind it. The background is a dark, textured surface. The text 'Education Over Coaching' is overlaid in white serif font.

Education Over Coaching

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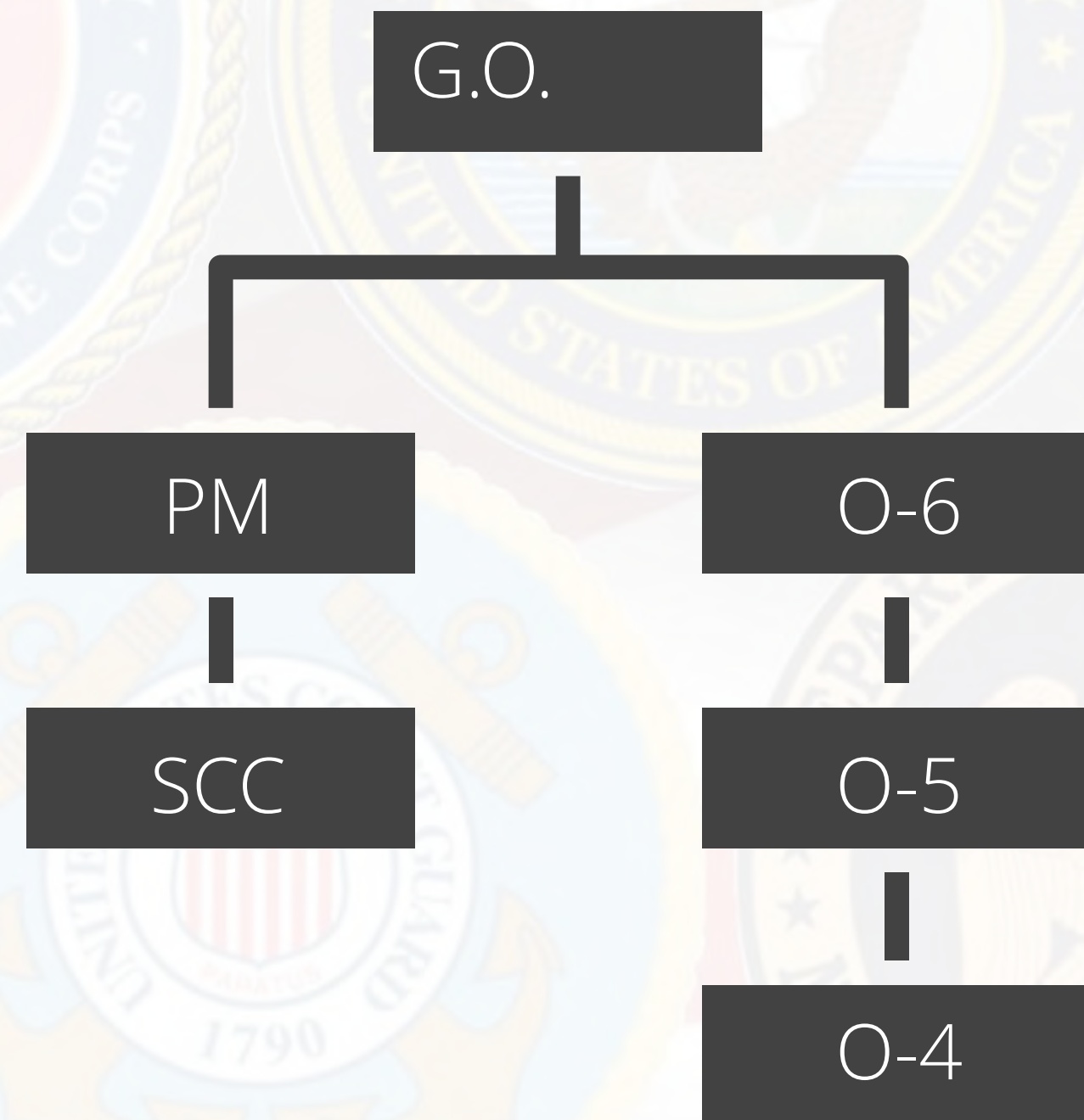
The Ugly Side of Administration

Budgets
Resourcing
Dashboards
Open Communication



Military Etiquette

- Rank
- Titles
- Your enlisted run the show
- Way of doing business
- Who to include and when



A soldier in full combat gear, including a helmet, goggles, and a rifle, looking directly at the camera. The soldier is wearing a tan helmet with various attachments, goggles, and a face mask. They are holding a rifle across their chest. The background is dark, and the lighting is dramatic, highlighting the soldier's equipment.

Late Career

"Plant trees who's shade you will
never see" - Lagacy

Late Career


- Take Care of Yourself
- How Do You Move a Warship?
- Parting Thoughts



Take Care of Yourself

Shocking Comparison to the Community We Serve





How Do You Move a Warship?

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Parting Thoughts

"Add to the legacy. You don't own the jersey, you're just the body in the jersey right now" - James Kerr, Legacy

"Plant trees who's shade you will never see"
- James Kerr, Legacy

"We are the caretakers of our own lineage"
- James Kerr, Legacy

Recommended Readings

Legacy - James Kerr

The Making of a Manager - Julie Zhuo

Talk Like Ted - Carmine Gallo

You Can't Teach a Kid to Ride a Bike at a Seminar - David H. Sandler



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Thank You!

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