Becoming a Professional Strength and Conditioning Coach
(Krause 2013)

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OVERVIEW

• Where we started and where we are now in professional sports
• The 5 Essential Steps in becoming a professional strength and conditioning coach
• Personal experiences
• Professional working relationships
• Jobs in Professional Baseball
Where we Started

• 15 years ago
  • Colleges and Universities
  • NFL
  • High School Strength Coaches were assistant football coaches
  • In MLB, NHL, NBA were just beginning to develop

Where we are Now

• We are in NBA, NHL, MLS, MLB, and NASCAR
• In MLB where our experiences are the criteria for being a professional strength coach is
  • CSCS required for Minor League Strength and Conditioning Coaches from Summer Leagues to High A Ball
  • RSCC is required for Major League Strength and Conditioning Coaches, Minor League Strength and Conditioning Coordinators, AAA, and AA Strength and Conditioning Coaches.

The 5 Essential Steps to Becoming a Professional Strength and Conditioning Coach

• Education
• Certification
• Internship/Grad Assistantship
• Network to Find a Job
• Commitment
Education

• Choose a college or university program that offers an exercise science tract.
  • Exercise Physiology
  • Kinesiology
  • Sports Medicine
• Become a member of the NSCA as a student
  • Access to Development Centers
  • Eligibility for Grants and Scholarship application.
  • Educational content for the coaching professionals
  • Access a library of online publications and videos

Certification

• Essentials Text/Online Information
• Must obtain CSCS to work in MLB/MILB
• Registered Strength and Conditioning Coach (RSCC)
  • Shows a level of education, knowledge, and professionalism
• Liability Insurance
  • Protects you
  • Protects the Organization

Coaching Path
Associate CSCS
CSCS with Two or more Years Experience

Purpose
The NSCA Registry of Strength and Conditioning Coaches encourages high standards of professional practice and responsibility.

The NSCA maintains a registry of individuals who have demonstrated that they are experienced coaches who apply practical, foundational knowledge to assess, motivate, educate, and train athletes with the primary goal of improving sport performance.

Internship/Grad Assistantship
• Needed to gain experience
• Put your knowledge into practice
• Learn by watching and the tutelage of a Certified Strength Coach
• Although most curriculums require internships as part of your degree you WILL NEED MORE
  • Target specific experience
  • Find opportunities that will challenge you
  • High School, College, or Professional Settings
Network to Find a Job

• Now you have Education, Certification, and your Internships/Grad Assistantships
• Time to Hustle
• NSCA Conferences
• Introduce yourself to other Sports Medicine Professionals
• Job Listings
  • NSCA Website Career Services
  • Professional Baseball Strength and Conditioning Coaches Society website (PBSCCS)
  • www.baseballstrength.org

Commitment

• You have your Degree's, Certifications, and Experience
• Long Hours
• No days off
• Modest salaries
• Limited family time during season
• Administrative duties away from the weight room/field

Krause's Experiences

• 3 Sport Athlete in High School
• Marine Corps (Helped Earn Money to attend College)
• BS in Sports Medicine /Exercise Science from East Carolina University
• Also ATC, US Weight Lifting Club Coach, CPR/AED
• Certified Strength and Conditioning Specialist
• MS in Exercise Physiology from University of Central Florida
• Graduate Assistant Strength Coach working multiple sports
• Internship for Chicago Cubs
• Assisted with Mini Camp for Tampa Bay Buccaneers
• Hired as Full Time Assistant at UCF for 2 years
• Pittsburgh Pirates for 5 Years
• Cincinnati Reds Minor League Strength and Conditioning Coordinator - 2 yrs
• Cincinnati Reds Major League Strength and Conditioning Coordinator - 10 yrs
Marohn’s Experiences

- Firefighter/EMT
- BS Exercise Physiology
- Internship with Oakland A’s
- MS in Human Performance/Sports Medicine
- Graduate Assistantship at University of Tennessee
- Volunteered with pre season testing Nashville Predators
- Internship Milwaukee Brewers
- Pittsburg Pirates-First full time Contract
- Cincinnati Reds AAA Strength and Conditioning Coach-2 yrs
- Cincinnati Reds Minor League Strength and Conditioning Coordinator-2005 to Present

Professional Working Relationships

- No longer a teacher-student relationship
- Realize they are professionals earning a salary just like you.
- If your style of coaching is expecting your athletes to follow you while you are barking orders the professional level is not for you
- Earn the trust of the players, coaches, front office, and medical staff
- The Organization and the players needs to believe that you have their best interest at heart

Jobs in Baseball

- Education and Certification
- Cover Letter, Resume, References
- NETWORK NETWORK NETWORK
  - NSCA Website Career Center
    - www.baseballstrength.org
  - Conferences
- Entry Level/Starting at the lower levels
- Be ready to Move
- Be aware of the salaries
- Be aware of the baseball season