

September 2022

William Guyton Hornsby, III

College of Physical Activity and Sport Sciences
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West Virginia University
Morgantown, WV 26505

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EDUCATION

Doctor of Philosophy: Sport Physiology and Performance, Coaching **2010-2013**

East Tennessee State University, Johnson City, TN, 37614
Dissertation: Maximum Strength, Rate of Force Development, Velocity, and Power Alterations in Weightlifters Over 5 Months of Training
Committee Members: Drs. Michael H. Stone (Chair), William M. Sands, Michael W. Ramsey, Satoshi Mizuguchi

Master of Arts: Exercise Physiology and Performance, Research **2008-2010**

East Tennessee State University, Johnson City, TN, 37614
Thesis: Physiological and Performance Effects of 11 Weeks of Training in Division 1 Collegiate Throwers: An Exploratory Study
Committee Members: Drs. Michael H. Stone (Chair), G. Gregory Haff, Michael W. Ramsey, Andrew R. Dotterweich

Bachelor of Science: Exercise Science **2005-2008**

East Tennessee State University, Johnson City, TN, 37614

PROFESSIONAL EXPERIENCE

Assistant Professor of Coaching and Performance Science **2019-present**
(with an emphasis in Applied Sport Science)

West Virginia University
Department of Coaching and Teaching Studies, College of Physical Activity and Sport Sciences

Teaching Assistant Professor of Athletic Coaching Education **2016-2019**
(with an emphasis in Kinesiology)

West Virginia University
Department of Coaching and Teaching Studies, College of Physical Activity and Sport Sciences

Assistant Professor of Exercise Science **2015-2016**

Glennville State College
Department of Health and Physical Education

Instructor of Exercise Science **2014-2015**

Virginia Commonwealth University
Department of Kinesiology and Health Sciences

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THOR3 U.S. Government Contractor (EXOS), Performance Specialist (Strength and Conditioning Coach) –160th SOAR(A) 2013-2014
Fort Campbell, KY

Visiting Assistant Professor of Exercise Physiology Fall 2013
College of Charleston
Department of Health and Human Performance, Charleston, SC

Doctoral Fellow, Sport Physiology 2011-2013
East Tennessee State University, Johnson City, TN

Graduate Assistant, Sport Science Lab Manager 2010- 2011
East Tennessee State University, Johnson City, TN

Graduate Assistant, Basler Center for Physical Activity 2008-2010
East Tennessee State University, Johnson City, TN

CERTIFICATIONS

Certified National Level Coach 2017- present
USA Weightlifting

Certified Strength and Conditioning Specialist (CSCS*D) 2013-present
National Strength and Conditioning Association

HONORS, AWARDS, & FELLOWSHIPS

Adjunct Professor 2020-present
West Virginia University, Health Sciences
Rockefeller Neuroscience Institute, Human Performance Innovation Center

2019 WVU Football Professors Day Recognition
West Virginia University Football Program
Selected by a student-athlete member of the West Virginia University football team to be recognized at a celebration and event for chosen faculty and staff.

2017, 2018, 2019 Excellence in Service Distinction
College of Physical Activity & Sport Sciences, West Virginia University
Recognized for excellent performance in service.

2018, 2019 Excellence in Teaching Distinction
College of Physical Activity & Sport Sciences, West Virginia University
Recognized for excellent performance in teaching.

2018 Servant of the Year

College of Physical Activity & Sport Sciences, West Virginia University

Awarded to the CPASS faculty member who has demonstrated outstanding performance in service.

TEACHING

West Virginia University

- PET 124 Human Body: Structure and Function
- PET 125 Principles of Human Movement
- PASS 300 Career Exploration in Physical Activity and Sport Sciences
- ACE 368 Sport Movement Analysis
- ACE 369 Basic Strength and Conditioning for Coaches
- ACE 371 Strength and Conditioning Coaching Techniques
- ACE 372 Sport Specific Strength and Conditioning
- ACE 410 Training Theories for Coaches
- ACE 450 Career Planning in Sport
- ACE 457: Introduction to Sport Technology and Sport Science
- ACE 475 Strength and Conditioning Internship
- ACE 491 Professional Field Experience
- ACE 569 Strength and Conditioning Methods for Coaches
- ACE 587 Strength and Conditioning Program Design
- ACE 650 Sport Movement Analysis
- ACE 661 Strength and Conditioning Methods for Coaches

Glenville State College

- HLTH 341 Community and Environmental Health
- EXSC 375 Strength and Conditioning Leadership
- HLTH 435 Research Methods in Health and Human Performance
- HLTH 425 Wellness Programming and Administration
- PED 332 Kinesiology
- PED 421 Exercise Physiology
- HLTH 400 Applied Nutrition
- EXSC 493 Practicum

Virginia Commonwealth University

- HPEX 310 Fitness and Health
- HPEX 380 Resistance Training for Health and Performance
- HPEX 470 Exercise Programming and Leadership
- HEMS 600 Introduction to Research Design in Health and Movement Sciences

College of Charleston:

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- EXSC 433 Research Design and Analysis for Health and Exercise Science
- EXSC 340 Exercise Physiology
- EXSC 340L Exercise Physiology Lab

East Tennessee State University (student):

- PHED 1130 Wellness for Life
- PEXS 3610 Exercise Physiology 1

SCHOLARSHIP

Refereed Research Publications

J.J. Merrigan, J.D. Stone, J.P. Wagle, **W.G. Hornsby**, J. Ramadan, M. Joseph, J.A. Hagen. (2021) Using Random Forest Metrics for Countermovement Jump Height: A Technical Report. *Journal of Strength and Conditioning Research*. Accepted for Publication.

W. G. Hornsby, B. Gleason, K. Dieffenbach, C. Brewer, M. H. Stone. (2021) Exploring the Positioning of Sport Science Programs within Intercollegiate Programs. *NSCA Coach* 8.3. 6-11.

M.H. Stone, **W.G. Hornsby**, G.G. Haff, A.C. Fry, D.G. Suarez, J. Liu, K.C. Pierce. (2021). Periodization and Block Periodization: Emphasis on Strength-Power Training: A Thoughtful and Provocative Review. *Journal of Strength and Conditioning Research*. 1(35)2351-2357.

T.J. Suchomel, S. Nimphius, C.R. Bellon, **W.G. Hornsby**, M.H. Stone. Training for Muscular Strength: Methods for Monitoring and Adjusting Training Intensity (2021). *Sports Medicine*. published ahead of print.

J.J. Merrigan, J.D. Stone, J.R. Martin, **W.G. Hornsby**, S.M. Galster, J.A. Hagen. (2021) Applying Force Plate Technology to Inform Human Performance Programming in Tactical Populations. *Applied Sciences*. 11(14)6538-6561.

B.H. Gleason, **W.G. Hornsby**, D.G. Suarez, M.A. Nein, M.H. Stone. (2021) Troubleshooting a Nonresponder: Guidance for the Strength and Conditioning Coach. *Sports*. 9(6),83-109.

P.A Moquin, A.B., Wetmore, K.M. Carroll, A.C. Fry, **W.G. Hornsby**, M.H. Stone. (2021). Lean Body Mass and Muscle Cross-Sectional Area Adaptations among College Aged Males with Different Strength Levels across 11 Weeks of Block Periodized Resistance Training. *International Journal of Environmental Research and Public Health*. 18(19)4,735-4,738.

A. Batra, A.B. Wetmore, **W.G. Hornsby**, P. Lipinska, O. Surula, M.H. Stone, (2021) Strength, Endocrine, and Body Composition Alterations across Four Blocks of Training in an Elite 400m Sprinter. *Journal of Functional Morphology and Kinesiology*. 6(1)25-42.

W.G. Hornsby, A. Tice, J.D. Stone, J.J. Merrigan, J.A. Hagen, J.P. Wagle, A.J. Cunanan, M.H. Stone. (2021) Changes in Maximal Strength and Home Run Performance in NCAA Division 1

September 2022

Baseball Players Across 3 Competitive Seasons: A Descriptive Study. *Journal of Functional Morphology and Kinesiology*. 6(1)4-12.

J.J. Merrigan, J.D. Stone, **W.G. Hornsby**, J.A. Hagen. (2021) Identifying Reliable and Relatable Force-Time Metrics in Athletes – Considerations for the Isometric Mid-thigh Pull and Countermovement Jump. *Sports*. 9(1)4-17.

J.J. Merrigan, J.D. Stone, A.G. Thompson, **W.G. Hornsby**, J.A. Hagen. (2020) Monitoring Neuromuscular Performance in Military Personnel. *International Journal of Environmental Research and Public Health*. 17(23)9147-9173.

A.B. Wetmore, P.A. Moquin, K.M. Carroll, A.C. Fry, **W.G. Hornsby**, M.H. Stone. (2020) The Effect of Training Status on 11 Weeks of Block Periodization Training. *Sports*. 8(11)45-157.

J. Hagen, J.D. Stone, **W.G. Hornsby**, M. Stephensen, R. Mangine, M. Joseph, S. Galster. (2020) COVID-19 Surveillance and Competition in Sport: Utilizing Sport Science to Protect Athletes and Staff during and after the Pandemic. *Journal of Functional Morphology and Kinesiology*. 5(3)69-89.

W. G. Hornsby, A.C Fry, G.G. Haff, M.H. Stone. (2020) Addressing the Confusion within Periodization Research. *Journal of Functional Morphology and Kinesiology*. 5(3)68-75.

A.J. Cunanan, **W. G. Hornsby**, M.A. South, K.P. Ushakova, S. Mizuguchi, K. Sato, K.C. Pierce, M. H. Stone. (2020) Survey of Barbell Trajectory and Kinematics of the Snatch Lift from the 2015 World and 2017 Pan-American Weightlifting Championships. *Sports*. 8(9)118-134.

M.H. Stone, A. C. Fry, G. G. Haff, **W. G. Hornsby**. Letter to the Editor: Response to Buckner S. L. et al. (2020) The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. *Medicine and Science in Sports and Exercise*. 52(9)2047-2050.

W. G. Hornsby, G. G. Haff, D.G. Suarez, M.W. Ramsey, N.T. Triplett, J.P. Hardee, M.E., Stone, M. H. Stone. (2020) Alterations in Adiponectin, Leptin, Resistin, Testosterone, and Cortisol across Eleven Weeks of Training among Division One Collegiate Throwers: A Preliminary Study. *Journal of Functional Morphology and Kinesiology*. 5(2)44-58.

W. G. Hornsby, M.A. South, J. D. Stone, H. S. Lamont, G. G. Haff, M. H. Stone. (2020) The Acute Effects of Whole Body Vibration on Isometric Mid-thigh Pull Performance. *Vibration*. (3)85-98.

M. H. Stone, H.S. O'Bryant, **W. G. Hornsby**, A. J. Cunanaan, S. Mizuguchi, D.G. Suarez, M. A. South, D. J. Marsh, G. G. Haff, M. W. Ramsey, G. K. Beckham, H. A. Santana, J. P. Wagle, M. E. Stone, K. C. Pierce. (2019). The Use of the Isometric Mid-thigh Pull in the Monitoring of Weightlifters: 25+ Years of Experience. *United Kingdom Strength and Conditioning Association, Professional Strength and Conditioning*. (54)19-26.

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D. G. Suarez, S. Mizuguchi, **W. G. Hornsby**, A. J. Cunanaan, D.J. Marsh, M. H. Stone. (2019). Phase-Specific Changes in Rate of Force Development and Muscle Morphology throughout a Block Periodized Training Cycle in Weightlifters. *Sports*. 7(6)1-13.

W. E. Cedar, **W. G. Hornsby**, S. Mizuguchi, M. H. Stone. (2019) The Double Knee Bend: Characteristics and Coaching Points. *NSCA Coach* 6.2. 14-21.

W.G. Hornsby, J.A. Gentles, G. G. Haff, M. H. Stone, S. Buckner, S. Dankel, Z. Bell, T. Abe, & J. P. Loenneke. (2018) What is the Impact of Muscle Hypertrophy on Strength and Sport Performance? *Strength and Conditioning Journal*. 40(6):99-111.

W.G. Hornsby, J.A. Gentles, P. Comfort, T.J. Suchomel, S. Mizuguchi, M.H. Stone. (2018). Resistance Training Volume Load with and without Exercise Displacement. *Sports*. 6(4)1-10.

W. G. Hornsby, W. E. Cedar, S. Mizuguchi, M. H. Stone. (2018) The Power Position: Characteristics and Coaching Points. *NSCA Coach* 5.1. 6-12.

A. J. Cunanan, B. H. Deweese, J. P. Wagle, K. M. Carroll, R. Sausaman, **W. G. Hornsby**, G. G. Haff, N. T. Triplett, K. C. Pierce, & M. H. Stone. (2018) Authors' Reply to Buckner et al.: Comment on: "The General Adaptation Syndrome: A Foundation for the Concept of Periodization." *Sports Medicine*. 48(7)1755-1757.

A. J. Cunanan, B. H. Deweese, J. P. Wagle, K. M. Carroll, R. Sausaman, **W. G. Hornsby**, G. G. Haff, N. T. Triplett, K. C. Pierce, & M. H. Stone. (2018) The General Adaptation Syndrome: A Foundation for the Concept of Periodization. *Sports Medicine*. 48(4)787-797.

W. G. Hornsby, B. Gleason, D. Wathen, B. Deweese, M. E. Stone, K. Pierce, J. Wagle, D. Szymanski, & M. H. Stone. (2018) Servant or Service? The Problem and a Conceptual Solution. *Journal of Intercollegiate Sport*. 10(2)228-243.

K.B. Painter, G.G. Haff, N.T. Triplett, C. Stuart, **W.G. Hornsby**, M.W. Ramsey, C.D. Bazylar, & M.H. Stone. (2018). Resting Hormone Alterations and Injuries: Block vs. DUP Weight-Training among D-1 Track and Field Athletes. *Sports*. 6(1)1-15.

W. G. Hornsby, J. A. Gentles, C.J. MacDonald, W.A. Sands, S.Mizuguchi, M. W. Ramsey, & M. H. Stone. (2017) Maximum Strength, Rate of Force Development, Jump Height, and Peak Power Alterations in Weightlifters across Five Months of Training. *Sports*. 5(78)1-18.

J. A. Gentles, **Hornsby W. G.**, Christine, C. L, C.J. Dotterweich, A. R., Miller, J. A., Stuart, S. A., & M. H. Stone. (2017) Cell free DNA as a marker of training status in weightlifters. *Biology of Sport*. (34)287-294.

M. South, A. Layne, C. Stuart, T. Triplett, M. Ramsey, W. Sands, S. Mizuguchi, **W.G. Hornsby**, A. Kavanaugh, & M. Stone. (2016) Effects of Short-Term Free Weight and Semi-Block

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Periodization Resistance Training on Metabolic Syndrome. *Journal of Strength and Conditioning Research*. 30(10):2682-2696.

B.H. Deweese, **W.G. Hornsby**, M.E. Stone, & M.H. Stone. (2015) The Training Process: Planning for Strength-Power Training in Track and Field Part 1: Theoretical Aspects. *Journal of Sport and Health Science*. 4(4):308-317.

B.H. Deweese, **W.G. Hornsby**, M.E. Stone, & M.H. Stone. (2015) The Training Process: Planning for Strength-Power Training in Track and Field Part 2: Practical & Applied Aspects. *Journal of Sport and Health Science*. 4(4):318-24.

J.A. Gentles, **W.G. Hornsby**, H.S. Gray, J.A. Miller, A.R. Dotterweich, C.A. Stuart, & M.H. Stone. (2015) Changes in Cell Free DNA During a College Soccer Season. *Journal of Trainology*. 4:25-31.

C. Greico. (2015) Assessment and Measures – Interviews from Experts in Personal Training, Panel: **W.G. Hornsby**, R. Rabana, L. Meyer, & L. Koziar. *National Strength and Conditioning Association's Personal Training Quarterly*. 2(3) 20-23.

G. Beckham, S. Mizuguchi, C. Carter, K. Sato, M. Ramsey, H. Lamont, **W.G. Hornsby**, G. Haff, & M. Stone. (2013) Relationships of Isometric Mid-Thigh Pull Variables to Weightlifting Performance. *The Journal of Sports Medicine and Physical Fitness*. 53(5): 573-81.

W. G. Hornsby, G.G. Haff, W. A. Sands, M. W. Ramsey, M.E. Stone, & M.H. Stone. (2013) Strength Characteristics for Isometric and Dynamic Mid-Thigh Pulls in Collegiate Thrower's across 11 Weeks of Training. *Gazzetta Medica Italiana*. 172(12):929-40.

C. A. Bailey, K. Sato, & **W.G. Hornsby**. (2013) Predictive Offensive Performance in Collegiate Baseball Players Using Isometric Force Production Characteristics. *Chinese Journal of Sports Biomechanics*, 5(S1): 448-451.

Published Abstracts:

C. MacDonald, K. Sato, H. Lamont, W. Sands, M. Stone, M. Israel, J. Gentles, J. Cholewa, J. Garner, M. Ramsey, and **W.G. Hornsby**. *Differences in sEMG between Normal Squats and Accentuated Eccentric Loaded Squats in Competitive Collegiate Weightlifters*. 32nd Annual International Society of Biomechanics in Sport. Johnson City, TN. July 12-16th, 2014.

W.G. Hornsby, J.A. Gentles, J.A. Miller & M.H. Stone. *Volume Load and Training Intensity with and without Exercise Displacement*. The Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February, 15th, 2013.

Sato, K., Bazyler, C., Beckham, G., Gray, H., **Hornsby, G.**, Kavanaugh, A., MacDonald, C., Mizuguchi, S., Stone, M., & Stone, M. *Force output comparison between six U.S. collegiate athletic teams*. In: Bradshaw, E.J., Burnett, A., Hume, P.A. (eds.), eProceedings of the 30th Conference of the International Society of Biomechanics in Sports, July, 2011.

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C. MacDonald, H. Lamont, H. Chandler, J. Gentles, H. Gray, A. Kavanaugh, S. Mizuguchi, M. Israel, C. Carter, **W.G. Hornsby**, & M. Stone. *Comparisons between Body Composition and Power Production during Jumps in Collegiate Female Athletes*. National Strength and Conditioning Annual Conference, July, 2011.

Research Presentations (poster):

A. Tice, **W. G. Hornsby**, J. Stone, J. P. Wagle, & M. H. Stone. *A Descriptive Analysis of Changes in Maximal Strength and Home Runs across Several Seasons and during the Introduction of BBCOR Bats in NCAA Division I Baseball*. 13th Annual Coaches and Sport Science College, Johnson City, TN, Nov 30th – Dec 1st, 2018.

D.G. Suarez, K.P. Ushakova, S. Mizuguchi, **W.G. Hornsby**, & M.H. Stone. *Changes in Isometric Rate of Force Development during Specific Phases of a Block Periodized Training Cycle in Weightlifters*. 13th Annual Coaches and Sport Science College, Johnson City, TN, Nov 30th – Dec 1st, 2018.

S. Mizuguchi¹, A. Cunanan, D. Suarez¹, W. Cedar, D. Gahreman, M.A.South, D.J. Marsh, **W.G. Hornsby**, & M.H. Stone. *Sinclair Total and Countermovement Jump Height of Weightlifters Competing at 2018 USA Youth National Championships* 13th. Annual Coaches and Sport Science College, Johnson City, TN, Nov 30th – Dec 1st, 2018.

K. B. Painter, G. G. Haff, N. T. Triplett, C. Stuart, **W. G. Hornsby**, M. W. Ramsey, C. D. Bayzler, M. H. Stone. *Resting Hormone Alterations and Injuries: Block vs. DUP Weight-training among D1 Track and Field Athletes*. 12th Annual Coaches and Sport Science College, Johnson City, TN, December 8-9th, 2017.

A. J. Cunanan, **W. G. Hornsby**, M. A. South, A. Perkins, K. C. Pierce, K. Sato, and M. H. Stone. *Preliminary Analysis of Performance Differences between Elite Men and Women Weightlifters*. 11th Annual Coaches and Sport Science College, Johnson City, TN, December 8-9th, 2016.

J.A. Gentles, **W.G. Hornsby**, H.S. Gray, C.J. MacDonald, J.A. Miller, C.L. Coniglio, A.R. Dotterweich, C.A. Stuart, W.A. Sands, and M.H. Stone. *Changes in Cell Free DNA Concentrations during the Course of a Collegiate Season*. The Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. February, 2014.

J.A. Gentles, B.D. Johnston, **W.G. Hornsby**, C.J. MacDonald, & M.H. Stone. *Reducing Injuries is NOT Enough - It Also Helps to Win*. Poster presentation American College of Sports Medicine Annual Meeting, San Francisco, CA, May 29-June 2nd, 2012.

W. G. Hornsby, J. A. Gentles, J. A. Miller, T. C. McInnis, C. R. Carter, W. A. Sands, and M.H. Stone. *Analyses of Volume Load and Training Intensity in Competitive Weightlifters across 5 Months of Training*. 7th Annual Coaches and Sport Science College, Johnson City, TN, December 16-17th, 2012.

W.G. Hornsby III, C.R. Carter, M.R. Ramsey, G.G Haff, A.R. Dotterweich, N.T. Triplett, H.S. Lamont, M.E. Stone and M.H. Stone. *Effects of Eleven Weeks of Training on Clean Pulls from Mid-thigh in Collegiate Throwers: an Exploratory Study*. United Kingdom Strength and Conditioning Association National Conference, University of Stirling, Stirling, England June 18-19, 2011.

C.J. MacDonald, H.S. Lamont, J.C. Garner, H.C. Chandler, J.A. Gentles, A.A. Kavanaugh, S. Mizuguchi, M.A. Israel, C.R. Carter, **W.G. Hornsby**, and M.H. Stone (2011). *Comparisons Between Body Composition and Power Production During Jumps in Collegiate Female Athletes*; NSCA National Conference, July 2011.

W. G. Hornsby, C. A. Bailey, C. Y. Chiang, B.J. Andersen, J.A. Gentles, B. D. Johnston, and M.H. Stone. *Relationship between Isometric Force Characteristics and Hitting Performance in NCAA Division I Baseball Players*. 6th Annual Coaches and Sport Science College, Johnson City, TN, October 21-22, 2011.

W. G. Hornsby, C.R. Carter, G.G Haff, M. R. Ramsey, A.R. Dotterweich, N. T. Triplett, C.A. Stuart, M. E. Stone, and M.H. Stone. *Hormone and Adipokine Alterations across 11 Weeks of Training in Division I Collegiate Throwers: An Exploratory Study*. 5th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2010.

Carter, C.R., Owens, E.M. Serrano, A.J., **Hornsby, W.G.**, Lamont, H.S., and Stone, M.H. *Relationship of Strength and Power Characteristics in Weightlifters and the Difference between Advanced / Novice Level Weightlifters*. 5th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2010.

J. A. Gentles, B. D. Johnston, **W. G. Hornsby**, C. J. MacDonald, R. J. Elbin and M. H. Stone. *Injury Rates Among Division I Baseball Players with and without SPEC Program Guidance*. 5th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2010.

G. Hornsby, M. South, A. Kavanaugh, A. Layne, G. G. Haff, Sands, M. Cardinale, M.W. Ramsey, and M.H Stone. *The Acute Effects of Whole Body Vibration on Isometric Mid Thigh Pull Performance*. 4th Annual Coaches and Sport Science College, Johnson City, TN, December. 18-19, 2009.

A.S. Layne, **W. G. Hornsby**, D.E. Corriher, H.B. Nowell, M.E. Stone, M.W. Ramsey, and M.H. Stone. *Long Term Athlete Monitoring: Changes in Isometric Strength and Explosiveness in Division I NCAA Athletes*. 4th Annual Coaches and Sport Science College, Johnson City, TN, December 17-18, 2009.

Chapters in Books

September 2022

The Michael H. Stone Sport Science Lecture – General Concepts of Modern Periodization for Strength Power Athletes. National Strength and Conditioning Association National Conference and Exhibition. Orlando, FL. July 10th, 2015.

Unique Challenges and Considerations for Training Baseball Players. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 10th, 2015.

Constructing the Annual Training Plan: A Collegiate Baseball Example. 2nd Annual Baseball Coaching Science Conference. T'aichung, Taiwan. January 11th, 2015.

Co-presentation with, J.A. Gentles. *A Comprehensive Framework for Monitoring the Training Process.* National Strength and Conditioning Association Coaches Conference. Indianapolis, IN, Jan 10-11, 2014.

An Integrated Approach to Peak Athletic Performance. Presented to the staff of the Spartan Nutrition and Athletic Performance Program in the Sports and Cardiovascular Nutrition Division within the department of Radiology at Michigan State University College of Osteopathic Medicine. East Lansing, MI, Nov, 26th, 2012.

Invited Oral Presentations (Local / Regional):

Weightlifting Workshop: Introducing the Power Position. National High School Strength Coaches Association West Virginia State Clinic. Morgantown, WV. December 15th, 2019.

Conceptualizing Training Adaptations. 14th Annual Coaches and Sport Science College. Johnson City, TN. December 7th, 2019.

Strength and Conditioning in Monongalia County: An LTAD Grassroots Program. 11th Annual Coaches and Sport Science College in Johnson City, TN. December 1st, 2018.

Co-presentation with M.H. Stone, N. D. Wathen, & B. Gleason. *Servant or Service: Problems and Potential Solutions in Strength and Conditioning.* 11th Annual Coaches and Sport Science College in Johnson City, TN. December, 8th, 2016.

Athlete Monitoring. Invited Speaker for the Virginia Commonwealth Sport Performance Team Meeting. Richmond, VA. Dec 10th, 2014.

Avoiding Injury is Great but it also Helps to Win: A look at the Integration (or possible lack of) between Strength and Conditioning and Sports Medicine. Invited Speaker for the Student Sports Medicine Association. Charleston, SC. Oct 21st, 2013.

Modern Periodization. 8th Annual Coaches and Sport Science College in Johnson City, TN. December, 14th, 2013.

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Co-presentation with S. Mizuguchi, & C. Brewer. *Hands On Learning: Squatting & Pulling Movements*. 8th Annual Coaches and Sport Science College. Johnson City, TN. December, 15th, 2013.

Scientific Training for Baseball. 7th Annual Coaches and Sport Science College in Johnson City, TN. December, 15th, 2012.

Athletes Response to Specific Periodized Training. ArkAHPERD Convention. Little Rock, AR, Nov 2nd, 2012.

An Integrated Approach to Peak Athletic Performance. Sports and Cardiovascular Nutrition Division within the department of Radiology at Michigan State University College of Osteopathic Medicine. East Lansing, MI, Nov, 26th, 2012.

Weightlifting Movements: Pulling Technique. Athletes Performance Institute. Phoenix, AZ, June, 1st 2012.

An Introduction to Sport Science and Athlete Monitoring. Athletes Performance Institute, Phoenix, AZ. May, 16th, 2012.

Training Theory and Applied Strategies for Strength Power Athletes. Athletes Performance Institute. Phoenix, AZ, May, 22nd 2012.

Theoretical and Practical Aspects of the Training Process, ETSU Coaches and Sport Science College in Johnson City, TN. 6th Annual Coaching and Sport Science College. Johnson City, TN, December 2011.

Co-presentation with B. Johnston, & T. Skole, *ETSU Baseball Sport Performance Group: How Sport Science, Sport Medicine, and the Sport can be Interfaced*. 5th Annual Coaches and Sport Science College. Johnson City, TN, December 2010.

UNIVERSITY & ORGANIZATIONAL SERVICES

Invited Journal Manuscript Reviewer

- Strength and Conditioning Journal
- Journal of Strength and Conditioning Research
- Sports Medicine
- Journal of Sport Sciences
- Sports Health: A Multidisciplinary Approach
- MDPI
 - Sports
 - Medicina
 - International Journal of Environmental Research and Public Health

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Guest Editor

- Journal of Functional Morphology and Kinesiology
 - Special Issue “Applied Physiology and Performance”
 - Special Issue “Applied Physiology and Performance Part 2”

NSCA CPS Sport Science Certification Materials Committee Member 2021
National Strength Conditioning Association

NSCA Weightlifting SIG Chair 2021-present
National Strength Conditioning Association

NSCA West Virginia State Director 2017-2020
National Strength Conditioning Association

Don Nehlen Lecture Series Committee Member 2018-present

- Event Coordinator for 2018 Lecture: Mack Brown and John Ivy

NSCA Weightlifting SIG Executive Council Member 2018-2021

- Ran 2018 national meeting (Indianapolis, IN)

Strength and Conditioning Education Advisory Board 2018-present
University of Louisville, Louisville KY

USAW WV LWC President 2016-present
West Virginia USA Weightlifting Local Weightlifting Committee

Advisory Council Representative for the Central and Southeastern U.S. 2016-present
USA Weightlifting

State Advisory Board Member: Tennessee 2014-2015
National Strength Conditioning Association

ADDITIONAL SPORT EXPERIENCE

Head Coach, Weightlifting 2015-present

- West Virginia Weightlifting Club (USAW club)
- WVU Weightlifting (WVU sport club)

Volunteer Coach, Throws 2019-present
West Virginia University Track and Field, Morgantown, WV

Assistant Coach, Weightlifting 2010-2013
East Tennessee State University’s U.S.O.C. Designated Olympic Training Site

Assistant Coach 2008-2013

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Stoneage Weightlifting Club, Johnson City, TN

Performance Specialist Intern

Athletes' Performance Institute (EXOS), Phoenix, AZ

May – July 2012

Graduate Strength and Conditioning Coach

East Tennessee State University, Johnson City, TN

2008-2013

Weightlifter (national level)

Stoneage Weightlifting Club, Johnson City, TN

2006-2012

Track and Field (thrower)

East Tennessee State University, Johnson City, TN

2005-2008

Strength and Conditioning Intern

West Virginia University

2003-2004