**Scott Duggan**

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Wakefield, MA, 01880

978-833-1273

**Objective**

A results-focused strength and conditioning professional seeking a position in a collegiate environment centered around improving athletic performance and preventing injuries at both an individual and team level.

**Education**

**University of Massachusetts** Amherst, MA

Date of Graduation February 2011

B.S., Kinesiology

**Relevant Work Experience**

**Athletic Evolution** September 2011-Present

*Director of Strength and Conditioning and Internship Coordinator Woburn, MA*

* + - Design and implement all programs for sports specific and athletic enhancement groups for athletes that range from youth to professional level
    - Manage all aspects of the athletic performance program including staff, scheduling, internship program, facility design, sales, marketing, and continuing education for interns and staff
    - Head Coach for College, Pro Hockey, Baseball, Football Prep, and Swimming Programs
    - Coach Pro Football and Pro Basketball Combine Groups
    - Personal Trainer for Professional Athletes, Linear Speed Development, Athlete Rehab, and Olympic Lifting
    - Manage Evolution Barbell, an Olympic Lifting Club registered under USAW
    - Coordinate regional combines for Athletic Evolution, Boston Scholar Athletes, and Nike
    - Aid in the rehabilitation of injured athletes, specifically in shoulder and knee injuries

**Sports and Physical Therapy Associates** January 2013-June 2013

*Volunteer, Physical Therapy Aid Woburn, MA*

* Observed and assisted in the rehab process and procedures of clients
* Collaborated with therapists on programming and on the continuation of athlete’s rehab and training in the weight room

**Assumption College** June 2011-August 2011

*Independent Contractor, Strength and Conditioning Coach Worcester, MA*

* Designed and implemented an off-season strength and conditioning program
* Coached 50 members of the Assumption football team through weekly drills leading up to camp which included speed, power, agility, and conditioning components

**Mike Boyle Strength and Conditioning**  June 2011-August 2011

*Intern, Strength and Conditioning Coach*  *Woburn, MA*

* Obtained over 600 hours of hands on experience with youth, high school, college, and professional athletes
* Head trainer for female college hockey, field hockey, and basketball groups
* Designed programs for a variety of ages, demographics, and sports
* Assisted Professional and Olympic Hockey groups

**UMass-Amherst Strength and Conditioning**  January 2011-June 2011

*Intern, Strength and Conditioning Coach*  *Amherst, MA*

* Obtained over 500 hours of hands on experience with Division 1 collegiate athletes
* Worked directly with athletes to perfect technique
* Participated in Programming Meetings
* Assisted Head Strength Coach in leading team workouts working mostly with Basketball, Football, and Lacrosse teams
* Observed Rehab protocol for numerous injuries
* Learned logistics of a collegiate strength and conditioning facility

**Certifications**

**National Strength and Conditioning Association** Certified Strength and Conditioning Specialist

**USA Weightlifting** Level 1 Sports Performance Coach, Club Coach

**American Heart Association** First Aid, CPR/AED Certified

**Awards** 2010 UMass football special teams player of the year

UMass Football Lettermen 2008-2010

Dean’s List Fall 06’, Spring 07’, Spring 10’

**References** References are available upon request