

# Cody L. Hughes, MS, SCCC, CSCS, FMS

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July 6, 2018

Cody Hughes

Director of Human Performance

Madison Academy

To whom it may concern:

I am writing to apply for the position of Part-Time Kinesiology Instructor at the University of Alabama-Huntsville. I am a former college athlete and current strength and conditioning professional with the knowledge, experience, attention to detail, and education to develop athletes at a very high level. Please look at my attached resume for more details on my career and experience. Here is a snapshot of what I have to offer for your program:

- Coaching experience at the Division 1 FBS level (Mississippi State)
- Associate Director of Sports Performance at RedLine Athletics – Longmont.
- Associate Director of Strength and Conditioning at McNeese State University
  - Head Strength Coach for Volleyball, Baseball, and Softball
  - Internship Coordinator and Academic Liason
  - Assisted with football and programmed for all quarterbacks and wide receivers
- Assistant Strength Coach at University of West Alabama
- Head Strength Coach for Volleyball, Men's & Women's Basketball, and Baseball.
- Intern Strength Coach at Mississippi State Football under former strength coaches Nick Savage (University of Florida Football), Riley Allen (Ole Miss Basketball) and Nate Peoples (University of Texas Football).
  - Experience with Velocity Based Training
  - Experience with Zephyr GPS Technology.
- Proficient in teaching and progressing/regressing Olympic lifts correctly.
- Certified through the NSCA (CSCS), SCCC (SCCC), and FMS Level 1.
- Master's Degree in Sports Management from West Alabama in 2018.
- Bachelor's Degree in Kinesiology/Biomechanics from the University of Montevallo in 2016.
- 2017 Exercise Science and Nutrition Alumni of the Year – University of Montevallo
- Proficient in excel formulating and graphic design. I am very technically savvy.
- 4-year college starting pitcher. Elected captain senior year.

I am extremely organized and a solution finder. I am known to be detail-oriented and I have a strong passion for the great field of sports performance. Thank you for taking the time to consider me for your current position.

Sincerely,

Cody L. Hughes, MS, SCCC, CSCS, FMS

## **COACHING/TEACHING EXPERIENCE**

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### **DIRECTOR OF HUMAN PERFORMANCE, MADISON ACADEMY**

*MAY 2018 – PRESENT*

- Oversees all aspects of the human performance department for grades 7-12
- Teaches 7 strength and conditioning classes during the school year.
- Comprehensive hands-on training for sports performance, including resistance training, plyometrics, speed development, power development, mobility/flexibility/stability, and return to play protocol.



### **SPORTS PERFORMANCE SPECIALIST, AUTHENTIC PERFORMANCE CENTER**

*MARCH 2018 – MAY 2018*

- Implemented training programs for clients, high school athletes, and professional athletes
- Consultant for programs looking for remote strength and conditioning programs

### **ASSOCIATE DIRECTOR FOR SPORTS PERFORMANCE, REDLINE ATHLETICS**

*JANUARY 2018 – MARCH 2018*

- Implemented training programs for youth athletes ages 8-18
- Implemented all aspects of training from warm-up, speed and agility, and resistance training progression



### **ASSOCIATE DIRECTOR OF STRENGTH & CONDITIONING MCNEESE STATE UNIVERSITY**

*MAY 2017 – JANUARY 2018*

- Reported directly to the Director of Strength and Conditioning, Ben Sowders.
- Head Strength Coach and overseer of all training aspects, including programming, training, conditioning, scheduling, and recovery for baseball, softball, and volleyball
- Assisted Sports Medicine with the implementation of FMS Screening.
- Director of Internship Development for Strength and Conditioning.
- Assistant Strength Coach for MSU Football.
- Directly responsible for training QBs and WRs with my expertise in shoulder health and stability.
- Implemented prehab and preventative protocols for shoulder injuries.



### **GRADUATE ASSISTANT STRENGTH AND CONDITIONING COACH UNIVERSITY OF WEST ALABAMA**

*AUGUST 2016 – APRIL 2017*

- Reported directly to the Director of Strength and Conditioning, Joseph Boyd.
- Head Strength Coach and overseer of all training aspects including programming, training, conditioning and recovery for baseball, men's basketball, women's basketball, and volleyball.
- Assistant strength coach for UWA football.
- Assisted with the implementation of the internship program.



### **STRENGTH AND CONDITIONING INTERN, MISSISSIPPI STATE UNIVERSITY FOOTBALL**

*MAY 2016 – AUGUST 2016*

- Administrative coach – helped with weight room set up, breakdown, and technical integrity.
- Comprehensive coaching development: programming, coaching, leadership, and organization.
- Assisted with implementation of Zephyr GPS Technology.
- Pro Evaluation Testing: 40-yard dash, vertical jump, broad jump, and anthropometry.



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## COLLEGIATE EXPERIENCE

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### UNIVERSITY OF MONTEVALLO, RIGHT-HANDED PITCHER

*AUGUST 2012 – MAY 2016*

- Closer 2013, Starting Pitcher 2014-2016 - Elected team captain senior year
- 2016 Male Scholar Athlete of the Year
- 4-Time Peach Belt Conference Presidential Honor Roll
- 2-Time DII Athletic Directors Association Academic Achievement Award Recipient

## CERTIFICATIONS AND MEMBERSHIPS

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### National Strength and Conditioning Association

Member # 000760680

- Certified Strength and Conditioning Specialist (CSCS)
- Certified Personal Trainer (NSCA – CPT)



### Collegiate Strength & Conditioning Coaches Association

- Strength and Conditioning Coach Certified (SCCC)



### American Red Cross

- CPR/AED, Renewed May 2017



### Functional Movement Systems

- Functional Movement Screen - Level 1

## EDUCATION

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### University of West Alabama – 2018

*Master of Science – Sports Management GPA 3.57*

### University of Montevallo – May 2016

*Bachelor of Science – Kinesiology/Biomechanics Cum Laude*

*2017 Exercise Science & Nutrition Alumni of the Year*

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Cell: 706-527-8008

## REFERENCES



### **BEN SOWDERS**

Assistant Strength & Conditioning Coach  
University of Georgia Football  
Phone: (270) 799-6531  
Email: [bsowers@sports.uga.edu](mailto:bsowers@sports.uga.edu)



### **JOSEPH BOYD**

Director of Strength and Conditioning  
University of West Alabama  
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### **RILEY ALLEN**

Director of Basketball Performance  
University of Mississippi  
Phone: (662) 832-0430



### **ZACH AKENBERGER**

Assistant Director of Football Strength and Conditioning  
University of Florida  
Phone: (419) 575-3859  
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### **Ryan Faer**

Arizona Performance Coordinator  
Cleveland Indians  
Phone: 386-748-2409  
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### **Dr. Stacy Bishop**

Assistant Professor of Exercise & Nutrition Science  
University of Montevallo  
Phone: (205) 665-6588  
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### **Dr. James Robinson**

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University of West Alabama  
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