

COACHING/TEACHING EXPERIENCE



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.

Cody Hughes, MS, SCCC, CSCS, FMS

COLLEGIATE EXPERIENCE



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



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

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