



**TYLER SHIMIZU
MS, CSCS, USAW**

Professional Experience

University of Alabama in Huntsville

August 2014 - Present
Huntsville, AL

Head Strength and Conditioning Coach

- Head Coach responsible for design and implementation of the year round strength and conditioning program for all varsity athletic teams
- Responsible for daily operations of varsity strength and conditioning facility
- Travel with teams to conduct pregame/practice warm ups and recovery sessions
- First full-time Strength and Conditioning Coach in program history
- Team Success: Ice Hockey – 20% increase in winning percentage in first year, first WCHA playoff berth in program history. Men’s Basketball – 2015 Gulf South Conference Tournament Champions, 2015/2016 Conference Champions. NCAA South Regional Tournament Berths – Men’s Basketball, Softball.

Nicholls State University

August 2013 – August 2014
Thibodaux, LA

Assistant Strength and Conditioning Coach

- Strength and Conditioning Coach for Softball, Volleyball, Women’s Soccer, Tennis and Cross Country/Distance
- Traveled with, designed and implemented pregame stretch and warm up routine for volleyball/softball
- Assisted with implementation of Football and Baseball programs. Responsible for implementation and design of football red shirt/non-travel in-season lift
- Team Success: Women’s Soccer - Program record for single season win total in overall and conference play. Track – Women’s 2014 Southland Conference Outdoor 800m Champion

Springfield College

August 2012 – May 2013
Springfield, MA

Graduate Assistant Strength and Conditioning Coach

- Head Strength and Conditioning Coach for Tennis and Cross Country/Distance
- Assistant Strength and Conditioning Coach for Football
- Assisted in implementation and development of internship program

Camps

Alabama Huntsville Strength and Conditioning Camps – Summer 2016 - Present

- Educate high school athletes in proper training techniques and methods to prepare for college

USA Hockey Player Development Camp : Women's U15 – Summer 2015 - 2016

- Administer fitness testing. Conduct warm up prior to on-ice sessions. Conduct Strength and Conditioning weight room sessions and classroom seminar.

UAH Softball Camps 2014-Present

- Conduct performance assessments, warm ups, speed and agility sessions for developmental camps (middle school – high school)

Total Package Hockey (TPH) Junior College Prep Summer Off-Ice Program – Summer 2015 - Present

- Conduct training sessions for AAA hockey players. Focus on fundamentals of speed/agility/strength and conditioning for youth athletes (ages 10-15).
- Conduct training and testing sessions for Regional High Performance Weekends (HPW) and team camps

Internships

University of Denver – Summer 2013

- Assist in implementation of summer strength and conditioning programs for all varsity sports. Design and implement off-ice workouts for USJDP Prep Camp

Empower Athletic Development – Summer 2012

- Assist in implementation of summer strength and conditioning programs for high school/college athletes

Springfield College – Spring 2012

- Assist in implementation of strength and conditioning programs for all varsity sports
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Education

Springfield College

September 2011 – August 2013

Springfield, MA

MS Strength and Conditioning (2016)

SUNY Cortland

September 2007 – May 2011

Cortland, NY

BS Kinesiology: Exercise Science

Certifications

NSCA – CSCS

USAW – Level 1

CPR/First Aid
