

## CONTACT INFORMATION

402.880.0413

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# ADAM PLAGEMAN COACH A.P.



STRENGTH & CONDITIONING COACH

## MISSION STATEMENT

I'm dedicated to providing athletes with an inclusive and task-oriented atmosphere to develop physical literacy, character, and a commitment to leading in their communities.

## EDUCATION AND CERTIFICATIONS

### WEST VIRGINIA UNIVERSITY

M.S. IN SPORTS COACHING | COMPLETION 12/2021

### NORTHERN STATE UNIVERSITY

B.S. IN GENERAL STUDIES | 2017

NSCA CERTIFIED STRENGTH & CONDITIONING SPECIALIST

USA WEIGHTLIFTING USAW LEVEL 1

SAFESPORT CERTIFIED BY U.S. CENTER FOR SAFESPORT

AMERICAN RED CROSS CPR/AED

## CAREER HIGHLIGHTS

### STRENGTH COACH

MINNESOTA STATE COMM. & TECH. COLLEGE | 2021-PRESENT

UNIVERSITY OF IOWA (INTERN) | 2020

MAYVILLE STATE UNIVERSITY | 2019-2020

YUTAN SPORTS ACADEMY | 2018-2019

### ASSISTANT FOOTBALL COACH

MINNESOTA STATE COMM. & TECH. COLLEGE | 2021-PRESENT

MAYVILLE STATE UNIVERSITY | 2019-2020

OMAHA STOCKMEN | 2018-2019

YUTAN HIGH SCHOOL | 2018-2019