

Ryan Barclay, CSCS

149 C Street • Carlisle, PA 17013

Ryanbarclay@live.com • (717) 422-8048

EDUCATION

West Chester University of Pennsylvania, West Chester, PA

May 2014

Bachelor of Science in Exercise Science, concentration as Exercise Science Specialist

- GPA 3.364, *Cum Laude*
- Strength and Conditioning, Biomechanics, Stress Testing, Exercise Physiology, Exercise Psychology

STRENGTH AND CONDITIONING EXPERIENCE

National Strength and Conditioning Association (NSCA), Colorado Springs, CO

January 2015 – May 2015

Intern

- Assist in the supervision and training of:
 - Colorado College Ice Hockey (Division I, NCHC) under Coach Scott Caulfield
 - Colorado College Ultimate Frisbee under Coach Aubrey Watts
 - Fountain Valley School of Colorado Ice Hockey (WPHL) under Coach Doug Berninger
 - USA Judo under Coach Doug Berninger
- Programmed and trained international competing figure skater and professional MMA fighter
- Training of tactical athletes (EMT, firefighter, police, SWAT) resulting in passed PT tests
- Development of programs for Asymmetrical Warfare Group
- Administered PT test for EOD, engineer, infantry, and 10th Group Special Forces unit at Fort Carson
- Collection of data for University of Colorado at Colorado Springs military research project
- Filmed, screened, and attended NSCA conferences
- Assisted former Olympic, current professional boxing coach with presentation and demonstrations
- Research and presentation of findings of training for combat sports

Victory Fitness and Performance, Carlisle, PA

July 2014 – January 2015

Owner/Head Trainer

- Programmed for strength, fat loss, and athletic development
 - Trained USATF East professional thrower to produce gold medals in weight, super weight, and shot-put
 - Training of speed, agility, and quickness to Eastern University field hockey player (DIII, MAC)
- Managed budget and expenses to increase business value and growth
- Increased membership volume by 900% in 3 months
- Utilized marketing and retention with emails, Facebook, networking, and monthly promotions

Dickinson College, Carlisle, PA

September 2014 – November 2014

Volunteer Strength Coach

- Collaborated with the head football coach, strength coach, and athletic director to meet specific needs
- Aided in the optimization of the football program by taking on responsibilities
 - Programming and supervision of in season training for freshmen and sophomores (DIII, CC)
- Attended weekly meetings and film review sessions

Gage's Strength Training, West Chester, PA

September 2013 – May 2014

Intern/Trainer

- Contributed to winning of "Best of Main Line 2014" award for best gym
- Helped to double memberships in my time at this facility
- Utilized computer software to design promotional materials such as posters and videos
- Presented importance of exercise to a physical therapy clinic
- Programmed and coached over 250 hours of HIIT, fitness, and strength training classes
- Identified individuals with injuries and weaknesses - adapted progressions to improve functionality
- Assisted in the coaching and training of strongman competitors
- Designed fitness guides and nutrition/recipe guides

- Developed and taught personal training and group fitness programs
- Created fliers and advertised training programs
- Administered fitness tests to assess progress of clients
- Coached and motivated clients

OTHER WORK EXPERIENCE

Resident Assistant

- Awarded “RA of the Semester” for accomplishing duties to a level of excellence
- Mediated and facilitated meetings to deescalate problems between residents
- Effectively managed time between school, work, and extracurricular activities
- Designed programs to integrate students and establish a sense of community within residence halls
- Coached resident hall powderpuff football team

SKILLS & CERTIFICATIONS

- CSCS, National Strength and Conditioning Association, August 2014-current
- CPR, AED, and Basic First Aid, American Safety & Health Institute, 2014 - Current
- Microsoft Word, Microsoft Excel, Adobe Photoshop, Sony Vegas

PROFESSIONAL DEVELOPMENT

- Corrective Exercise Methods for Athletes
- Advanced Barbell Methods and Techniques
- Olympic Lifting Coaching and Demonstration
- Speed, Agility, and Quickness
- Plyometric Application and Programming
- Energy System Development Methods
- Long Term Athletic Development
- Nutrition, Supplements, and Recovery
- Matt Wenning Coaching Strategies
- Bryan Mann Velocity Based Training
- Advanced Program Design
- Business Development and Retention

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References

Scott Caulfield
Coaching Program Manager and Head Strength Coach
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Rick Howard
Professor of Exercise Science/NSCA Chair
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Doug Berninger
Asst. Strength Coach and Coaching Performance Coordinator
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Devin Gage
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