

(PATRICK) JONATHAN GRIFFIN

Flat 7 • 9 Walpole Gardens • Strawberry Hill • Twickenham • Middlesex • TW2 5SL

✉: jonathan.griff.griffin@gmail.com // ☎: +44-(0)757-097-8866

PERFORMANCE SUPPORT QUALIFICATIONS

- ❖ UKSCA – Accredited Strength & Conditioning Coach
- ❖ NSCA – Certified Strength & Conditioning Coach
- ❖ NASM – Corrective Exercise Specialist
- ❖ USA Weightlifting – Club Coach
- ❖ BASES & CSci accredited
- ❖ UK Athletics Sprints Coach - Level 2
- ❖ EXOS Mentorship Course
- ❖ CPR & First Aid

PERFORMANCE SUPPORT APPOINTMENTS

- Jan 18 – present **FULHAM FC ACADEMY, London, UK**
Academy Innovation & Projects Manager
- Manage and responsible for the innovation & research philosophy, strategy, & process.
 - Focused on solutions for Academy, Commercial Dept, & Foundation re: data, workflow, products, research
 - Currently developing the academy innovation strategy; timeline: end of Quarter 1 2019
 - Responsible for research across 8 depts, external relationships & collaborations, & placement students.
 - Established student placement program to align with legal & UKSCA/BASES best practice guidelines
 - Established several collaborations with leading researchers & institutions
 - Project manage numerous research projects across 8 academy depts, including product development
- Sept 16 – Dec 17 **FULHAM FC ACADEMY, London, UK**
Exercise Science Manager
- Re-wrote departmental EPPP documentation, updated policies & procedures to align with a newly developed philosophy; Fulham FC Academy has retained its Category I status.
 - Responsible for S&C, sport science & nutrition provision across the FDP, YDP & PDP for 180 footballers
 - Manage a staff of 12 including full-time, consultants, & placement students; developed a comprehensive CPD programme.
 - Responsible for significant departmental delivery updates, i.e. A:C workload monitoring, warm-up design, S&C periodization in general & regarding hamstring conditioning, most recently relating to an updated delivery approach based upon ‘tactical periodization’, & the use of multi-sports within the FDP & YDP
 - Leading several research projects addressing the needs of each of the 3 Academy phases
- Oct 14 – July 15 **GRIFFIN PERFORMANCE TRAINING, Coaching Services, UK**
S&C Scientist, private work: Premiership footballer
- Work with a Premiership League football player in a 1-1 personal capacity
 - Responsible for programming all aspects of return to play, strength, and power development
 - Movement enhancement via: tissue conditioning, strength & power development, running mechanics, COD mechanics, injury rehabilitation and trunk development
- Jan 14 – Aug 16 **ST MARY’S UNIVERSITY COLLEGE, Consultancy Services, UK**
S&C Scientist, contracted to Irish Rugby Football Union
- Contracted to the IRFU as the lead S&C coach for London & South East based international rugby players to prepare them for the Women’s World Cup & 6 Nations Championship
 - Provided regular coaching and programming oversight
 - Provided on-field & track based conditioning, & gym-based strength & power coaching, & lab testing
 - Reported to, and liaised with, the national team Head S&C Coach
- Sept 13 – July 14 **GRIFFIN PERFORMANCE TRAINING, Coaching Services, UK**
S&C Scientist, private work: International female rugby players
- Worked with three female Irish international rugby players (>100 combined caps)
 - Conducted movement screening & liaised with medical staff to assess injury risk/status
 - Conducted regular strength diagnostics & data analysis, utilizing force platform technology
 - Personalized periodized programs for each player
 - Including: movement enhancement, tissue conditioning, strength & power development, running mechanics, COD mechanics, injury rehabilitation
 - Provided coaching in a range of environments including on-field, track & gym
- Feb 13 – Sept 13 **ST MARY’S UNIVERSITY COLLEGE, Consultancy Services, UK**
S&C Scientist
- Responsible for strength development in a GB Para-Triathlete, programming, technique development & testing
- Sept 12 – June 13 **ST MARY’S UNIVERSITY COLLEGE, Consultancy Services, UK**
Premiership Rugby Club Consultancy
- Worked with several professional rugby clubs consulting on topics including: recovery & monitoring strategies
 - Provided up-to-date literature-based rationale for the use of recovery protocols & monitoring strategies

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- June 12 – present **ST MARY'S UNIVERSITY COLLEGE, Strength & Conditioning Science degree, UK**
Gold Medal Internship
- Developed, & currently manage, the GMI program contents, including the intern recruitment process, mentoring process, written assignment academic framework & rigor, & all health & safety processes
 - Sourced relevant GMI partners & established the necessary legal documentation; Monthly mentoring provided
- Jan 05 – May 11 **STANFORD UNIVERSITY ATHLETIC DEPARTMENT, Stanford University, Stanford, California, USA**
Head of Rugby S&C
- Developed annual periodized plans & long-term athletic development plans for both the men's and women's squads
 - Developed & oversaw personalized programs for all international players
 - Developed appropriate programs for senior international Eagles, U20 Eagles, Collegiate All-American Eagles, covering both Rugby 7's & 15's versions of the game.
 - Provided regular testing & data analysis
 - Facilitated Return-to-Play programs in collaboration with medical staff
 - Managed one assistant S&C coach who was responsible for regular squad testing, data collection & analysis
- July 09 – Dec 09 **USA RUGBY WOMEN'S NATIONAL 7'S TEAM, USA**
Human Performance Manager
- Oversaw all physiological, S&C, and medical related aspects of player preparation and treatment for the program
 - Established protocols for all athletic physiological & strength development requirements
 - Managed the centralized data pool & applied appropriate data analysis techniques
 - Established normative data for the athletic cohort, as well as identifying thresholds for significant improvement
 - Managed a range of professional personnel across the country, including doctors, ATC's & S&C Coaches
- June 09 **COLLEGIATE WOMEN ALL AMERICAN NATIONAL XV, USA**
S&C Scientist
- Oversaw all physiological, S&C, and medical related aspects of player preparation and treatment for the team
 - Provided on-line generic template, educational resources & support for strength & conditioning protocols to all athletes in the national team pool
 - Provided feedback to coaching & support staff and athletes based upon data received from remote testing
- Sept 09 – May 11 **GB INTERNATIONAL FEMALE DOWNHILL SKIER, USA**
S&C Scientist
- Provided on-the-ground gym-based coaching support to the athlete
 - Ran, collected & collated all testing result's data
 - Liaised with the program Lead S&C coach at the English Institute of Sport
- June 07 **USA WORLD CUP NATIONAL RUGBY TEAM, USA**
Physiology Consultant
- Advised on post-training & post-game recovery strategies for the World Cup preparation and in-tournament
 - Protocols based upon my published M.Sc. thesis regarding the use of cold water immersion as a recovery protocol as well as the general scientific literature
- June 06 – July 06 **USA OLYMPIC FEMALE FOIL FENCER, USA**
S&C Scientist
- Hired for a 6-week period to help prepare the athlete for the USA World Championship trials
 - Provided strength and conditioning coaching support
 - Increased strength & power levels
 - Developed all aspects of metabolic conditioning
 - Enhanced movement competence & addressed tissue conditioning
- Sept 03 – Dec 04 **LOUGHBOROUGH UNIVERSITY SPORTS DEVELOPMENT CENTER, Loughborough, UK**
Assistant Coach for Loughborough Students Rugby Program
- Lead S&C Scientist for rehabilitating 1st XV players
 - Worked closely with an integrated rehabilitation team including doctors & physiotherapists
 - Individualized programming addressing Late Stage Rehabilitation & Return to Play protocols
 - Managed the speed development program for the 1st XV squad
 - Head of Strength & Conditioning for the Women's XV & Men's VII's Rugby Program
 - Established appropriate periodized program's
 - Oversaw regular testing & data analysis
 - Ran on-field and gym-based sessions addressing metabolic & strength/power development

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June 98 – Aug 02 **JOHN HILLIER INTERNATIONAL TRACK & FIELD COACHING, London, UK**
Assistant S&C Scientist

- Developed and oversaw S&C programs for World Class T & F, and rugby athletes
 - Provided programming support for all athletes
 - Provided coaching support to all athletes during gym based activities
 - Responsible for on-field conditioning of all athletes, during both pre- & in-season

Sept 95 – Dec 95 **UNIVERSITY OF BRIGHTON SPORT SCIENCE DEPT, Eastbourne, UK**
Sport Science Support Internship with English Basketball

- Assisted with all aspects of athlete physiological and S&C monitoring
 - Strength & power diagnostics utilizing jump mat technology
 - Collected & collated all physiological & strength/power testing data,

Sept 95 – Dec 95 **UNIVERSITY OF BRIGHTON SPORT SCIENCE DEPT, Eastbourne, UK**
Sport Science Physiology Laboratory Internship

- Assisted on physiological experiments for Ph.D. student's, and external elite athlete physiological monitoring
 - Managed $\dot{V}O_{2max}$, Wingate & treadmill lactate profile tests & collated testing data

PUBLICATIONS & CONFERENCE PRESENTATIONS (SELECTED EVENTS)

- Publication: Bailey, D.M., **Griffin, P.J.**, Dowson, A., Brewer, D.S., Erith, S.J. & Williams, C. (2007). Influence of cold-water immersion on indices of muscle damage following prolonged intermittent shuttle-running. *Journal of Sports Sciences*, 25(11), 1163 – 1170
- **Griffin, P.J.**, Ferguson, R.A., Gissane, C., & Patterson, S.P. (2018) Ischemic preconditioning enhances critical power during a 3-minute all-out cycling test, *Journal of Sports Sciences*. 36(9), 1038-1045.
- **Griffin, P.J.**, Ferguson, R.A., Gissane, C., & Patterson, S.P. (2017) Effects of a remote and local ischemic preconditioning stimulus recreationally trained male's repeated sprint ability, *Journal of Sports Medicine & Physical Fitness*, doi: 10.23736/S0022-4707.18.08400-1
- **Griffin, P.J.**, Howells, D., Ferguson, R.A., Gissane, C., & Patterson, S.P. (2017) Effects of ischemic preconditioning on elite male rugby 7s repeated sprint ability, *waiting reviewer comments*
- **Griffin, P.J.**, Ferguson, R.A., Gissane, C., & Patterson, S.P. (2017) Effects of ischemic preconditioning on time to exhaustion in trained males at 10% above critical power, *waiting reviewer comments*
- “Effect of ischemic preconditioning on the 3-minute all-out test” at Endurance Research Conference, University of Kent (2015)
- “Developing Strength Qualities” at Kingston Hospital NHS Trust Physiotherapy Dept, Kingston-upon-Thames (2014)
- “Cold Air Cryotherapy & Sporting Recovery” at the Northamptonshire Sports Medicine Group, hosted by Moulton College (2012)
- Presented the findings of my Masters thesis, titled: “Effect of cryotherapy on recovery of muscular strength, power and function following prolonged intermittent exercise” at the East Midlands Sports Science Forum, hosted by Leicester Tigers Rugby Club (2004)
- “An interergometer comparison of the energetics of rowing on three Concept II rowing ergometers”, co-author of an oral presentation at BASES Student Conference, hosted by: University of Gloucestershire, Cheltenham campus (1995)

INVITED LECTURES (SELECTED EVENTS)

- “AI in Sport”, hosted by: panel discussion at Medopad Ltd., London (2018)
- “High Performance Behaviors”, hosted by: Fulham FC Foundation Annual Coaches Conference, London (2018)
- “Growing up strong, growth & maturation monitoring in a professional football academy”, hosted by: Athletic Evolution Annual Conference, Edinburgh (2018)
- “Managing the Youth Footballer: impact of growth & maturation”, hosted by: Jersey FA, St Helier, Jersey (2018)
- “Importance of Culture in a S&C department”, hosted by: 3rd year undergraduate lecture, St Marys University, London (2018)
- “Academy Exercise Science: what is it that we do”, hosted by: Key Note, Student Conference, Hartpury University (2017)
- “Developing Strength: how strong is strong?”, hosted by: Rehabilitation Unit, Transport for London, London (2014)
- “Use of ice baths as a recovery modality”, Rugby Football Union U18 Schools Squad and Management, Loughborough University, UK (2004)
- “Strength and Conditioning for Rugby”, Level 3 Applied Sport Science lecture, hosted by: Loughborough University, UK (2003)

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EDUCATION

UNIVERSITY OF SURREY, Guildford, UK

Ph.D. – Exercise Physiology, July 2013 – Feb 2017. *“Effects of ischemic pre-conditioning on parameters of athletic performance”*

LOUGHBOROUGH UNIVERSITY, Loughborough, UK

M.Sc. – Exercise Physiology, September 2003 - September 2004. *Emphasis in Elite Exercise Physiology and Human Nutrition*

UNIVERSITY OF GREENWICH, London, UK

Post Graduate Certificate in Education, September 2002 – June 2003. *Specialist in Physical Education Teaching*

UNIVERSITY OF BRIGHTON, Chelsea College, Eastbourne, UK

B.Sc. – Sport & Exercise Science, September 1992 – June 1995. *Emphasis in Exercise Physiology*

PROFESSIONAL DEVELOPMENT (SELECTED EVENTS)

- Sports Technology Start-up Day & UK Sports Analytics & Technology Conference, KPMG London, 25th & 26th Oct 2018
- Points on Leadership w/James Kerr & Captain David Marquet, FLS Conference, Twickenham Stadium, 6th Oct 2018
- Premier League/The FA Physical Performance Event, St Georges Park, 24th April 2018
- Arete Performance Lyceum series 2017 & 2018
- West Bromwich Albion FC CPD series 2017 & 2018
- Leaders in Performance, London 2016, 2017, 2018
- FA U21 Camp observation, St George's Park, May 2017
- Proformance “Child to Champion” conference, Gloucester, April 2017
- Fulham FC Academy CPD 2017: Dr Ben Rosenblatt FA; Dr Brian Cunniffe, EIS; Dan Howells, RFU; Chris McCloud, EIS
- Dr Tim Gabbett “Load Monitoring” workshop, Cardiff City FC, April 2016
- Kelvin Giles “Movement Solutions in Youth” seminar, St Marys University, May 2014
- EXOS Mentorship course, Harrow, UK (2011)
- United States Olympic Committee Team Sports Conference: “Team Preparation - An international perspective”, USA, October '10
- UK Strength & Conditioning Conference, UK (2005, '06, '07, '12, '13, '14, '15, '16, '17, '18)
- NSCA Annual Conference, USA (2009, '10) [*note: I was the secretary for the NSCA SIG for Football & Soccer*]

RECENT FULL TIME EMPLOYMENT

Sept 11 – Aug 16 ST MARY'S UNIVERSITY COLLEGE, Twickenham, London, UK

Ph.D. researcher & Lecturer: B.Sc. & M.Sc. Strength & Conditioning Science Degree

- Lecture 1st, 2nd & 3rd year undergraduates & Masters graduates
- Topics include: dysfunctional athlete, training program design, muscle physiology, coaching process, field-based techniques, data analysis

Jan 05 – May 11 STANFORD UNIVERSITY ATHLETIC DEPARTMENT, Stanford University, Stanford, California, USA

Director of Rugby & Head of Rugby Strength & Conditioning

- Responsible for \$250K p.a. budget, ~110 athletes, 6 assistant rugby coaches, one assistant S&C coaches, one athletic trainer & one doctor

Sept 03 – Dec 04 LOUGHBOROUGH UNIVERSITY SPORTS DEVELOPMENT CENTER, Loughborough, UK

Assistant Coach for Loughborough Students Rugby Program

- Lead S&C Coach for rehabilitating 1st XV players; Head S&C Coach for Women's XV & Men's VII program's

Jan 02 – June 02 UPFRONT TRAINING LTD., London, UK

Senior Project Manager, Services Training Division

- Member of Ford of Europe's 'All New Ford Fiesta' pan-European Dealership product launch team; Marbella, Spain, £22M project, 44 project days, 24,000 delegates
- Developed information for, trained, country specific service providers on product launch information

Jul 98 – Dec 01 COMPUTERLAND UK PLC, London, UK

Senior Corporate Account Manager & Regional Sales Lead, IT Training & Services Division

- Managed London & South East regional sales: £1M p.a.

Oct 95 – June 98 FMI Ltd, London, UK

Senior Corporate Account Manager, IT Training & Services Division

- Team Leader, managed two junior sales people

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SKILLS

MANAGEMENT

- Managed numerous facilities and teams of people.
 - Recruited, trained, and delegated tasks for employees & volunteers on a daily & long-term basis while monitoring performance
 - Relationship building with service providers and National Governing Bodies
 - Developed clear project management processes & goals

COMMUNICATION

- Work in team environments with co-workers.
 - Able to work well with others and effectively implement business practices
 - Able to explain clear, concise instructions for employees and peers
 - Actively seek collaboration with co-workers, involving listening to suggestions and working out solutions together

ACCOMPLISHMENTS & ACTIVITIES

Played for Belvedere College 1st XV ('89, '90, '91); Played for Leinster Schools representative XV ('91); Selected for Ireland Schools international A Squad ('91); Played senior 1st XV national league rugby for London Irish RFC ('94 -96), Norwich RFC ('97-00) & Blackheath RFC ('00-03); Played for S.E. England Students representative XV ('94/95), Eastern Counties representative RFU ('96-98) & Ireland Students Rugby league international XIII ('03); Captain of Irish international Tetrathlon team at the Biannual International Tournament, USA & Canada, ('92); Other interests include reading modern fiction, watching movies & staying fit.

Appendix A: Published (M.Sc.) Research Abstract (2007)

Influence of cold-water immersion on indices of muscle damage following prolonged intermittent shuttle running

Bailey, D. M., Erith, S. J., **Griffin, P. J.**, Dowson, A., Brewer, D. S., Gant, N. and Williams, C. (2007). *Journal of Sports Sciences*, 25:11, 1163 – 1170.

URL: <http://dx.doi.org/10.1080/02640410600982659>

Aim:

The aim of this study was to assess the effects of cold-water immersion (cryotherapy) on indices of muscle damage following a bout of prolonged intermittent exercise.

Methods:

Twenty males (mean age 22.3 years, $s=3.3$; height 1.80 m, $s=0.05$; body mass 83.7 kg, $s=11.9$) completed a 90-min intermittent shuttle run previously shown to result in marked muscle damage and soreness. After exercise, participants were randomly assigned to either 10 min cold-water immersion (mean 10°C, $s=0.5$) or a non-immersion control group. Ratings of perceived soreness, changes in muscular function and efflux of intracellular proteins were monitored before exercise, during treatment, and at regular intervals up to 7 days post exercise.

Results:

Exercise resulted in severe muscle soreness, temporary muscular dysfunction, and elevated serum markers of muscle damage, all peaking within 48 h after exercise. Cryotherapy administered immediately after exercise reduced muscle soreness at 1, 24, and 48 h ($P<0.05$). Decrements in isometric maximal voluntary contraction of the knee flexors were reduced after cryotherapy treatment at 24 (mean 12%, $s_x=4$) and 48 h (mean 3%, $s_x=3$) compared with the control group (mean 21%, $s_x=5$ and mean 14%, $s_x=5$ respectively; $P<0.05$).

Discussion:

Exercise-induced increases in serum myoglobin concentration and creatine kinase activity peaked at 1 and 24 h, respectively ($P<0.05$). Cryotherapy had no effect on the creatine kinase response, but reduced myoglobin 1 h after exercise ($P<0.05$).

Conclusion:

The results suggest that cold-water immersion immediately after prolonged intermittent shuttle running reduces some indices of exercise-induced muscle damage.

Appendix B: Journal Publication Abstract (2017)

Griffin, P. J.¹, Ferguson, R.A.², Gissane, C., & Patterson, S.P.¹

St. Mary's University, Twickenham, London¹

Loughborough University, School of Sport, Exercise and Health Sciences, Epinal Way, Loughborough, Leicestershire, LE11 3TU²

TITLE: Ischemic preconditioning enhances critical power during a 3 min-all out cycling test

Objectives: We investigated the effect of ischemic preconditioning (IPC) on critical power (CP) during a 3-minute all-out test.

Design: Randomized, crossover

Methods: Twelve males (mean \pm SD: age 30 ± 6 years; stature 1.82 ± 0.07 m; mass 82.1 ± 10.7 kg; $\text{VO}_{2\text{peak}}$ 4.18 ± 0.86 L.min⁻¹) completed two 3-minute all-out tests immediately preceded by either sham (4 x 5 minute on/off at 20 mmHg bilateral leg occlusion) or IPC treatment (4 x 5 minute on/off at 220 mmHg bilateral leg occlusion). CP was calculated as the mean power output during the final 30 s of the test, W' as the work done above CP, total work done (TWD) was calculated throughout each 3-minute test and tissue saturation index (TSI) and deoxygenation (HHb) measured using near-infrared spectroscopy (NIRS).

Results: During the IPC / sham stimulus there was a $15.3 \pm 0.3\%$ decrease in TSI in the IPC trial, relative to sham. IPC resulted in an increase in CP compared with sham (241 ± 65 W vs. 234 ± 67 W, respectively, $p < 0.05$). There were no differences between sham and IPC for W' (18.4 ± 3.8 vs 17.9 ± 3.7 kJ, respectively) or TWD (61.1 ± 12.7 vs 60.8 ± 12.7 kJ, respectively).

Conclusions: IPC enhanced CP during a 3-minute all-out cycling performance in healthy, physically active males, with no changes observed for W' or TWD. █

Appendix C: Journal Publication Abstract (2017)

Griffin, P. J.¹, Howells, D.², Ferguson, R.A.³, Gissane, C., & Patterson, S.P.¹

St. Mary's University, Twickenham, London¹

England Men's Rugby 7s, Rugby House, Twickenham Stadium, 200 Whitton Rd,
Twickenham, TW2 7BA

Loughborough University, School of Sport, Exercise and Health Sciences, Epinal
Way, Loughborough, Leicestershire, LE11 3TU²

Title: Effects of ischemic preconditioning on elite male rugby 7s repeated sprint ability

Purpose: We investigated the effect of ischemic preconditioning (IPC) on the repeated sprint ability (RSA) of elite Olympic-level male rugby 7s athletes.

Methods: In a double blind, crossover study, 12 males (age 23 ± 4 years; stature 1.85 ± 0.07 cm; body mass 91.0 ± 7.0 kg; sum of 7-sites 52.2 ± 12.0 mm; YoYo IR1 19.3 ± 1.0) completed a RSA test (3 x (6 x 15 m + 15 m, 20 s recovery between reps and 120 s between series)) preceded 90 minutes by IPC treatment (4 x 5 min on/off at 220 mmHg bilateral leg occlusion) or Sham (4 x 5 min on/off at 20 mmHg bilateral leg occlusion).

Results: No difference was found between the IPC and sham fastest or slowest sprint times, or when compared across all 18 sprints, with no intervention-sprint time interaction effect ($p > 0.05$). The percentage decrement across the 18 sprints was not significantly different between IPC and Sham interventions ($p > 0.05$). The accumulated four intervention pressure periods for $\Delta\text{TSI}\%$ and ΔHHb were significantly greater in a negative and positive direction respectively for IPC compared with sham ($p < 0.05$).

Conclusion: IPC did not negatively affect repeated sprint performance in elite male rugby 7s athletes. Peripheral oxygenation does not appear to be a limiting factor for RSA in elite male rugby 7s athletes.