

JESS DE SILVA

Objective: To seek out opportunities for growth and development, which assist in my progression toward a full time role in the NFL.



RELEVANT EXPERIENCE

Current
|
2021



Performance Coach

EXOS

📍 Sydney, NSW

- Implement the Exos methodology on a daily basis to enhance movement quality and performance.
- Attended the Phase 1 and 2 EXOS Mentorships in Arizona and Florida respectively.
- Prioritise community and team building through group strength and conditioning classes.

Current
|
2023



Head Strength & Conditioning Coach

Sydney Uni American Football Team

📍 Sydney, NSW

- In charge of team and individual strength programs, conditioning, and on field warm ups.
- Finished the 2023 season 2nd in the state, earning a spot in the Waratah Bowl final.
- Awarded 2023 'Club Person of the Year' voted by players and staff.

2021
|
2018



Strength & Conditioning Coach

Competitive Edge

📍 Sydney, NSW

- Worked individually with female gridiron athletes to enhance their strength, power, and agility.

2019
|
2019



Intern - Strength & Conditioning

Arizona State University

📍 Tempe, AZ

- Experience with an NCAA Div I Football team, shadowing strength sessions across different positional groups.



EDUCATION



CSCS Certificate

2021
|
2019



M.Sc. Exercise Science (Strength & Conditioning)

Edith Cowan University

📍 Perth, WA

2021
|
2020



Graduate Certificate Sports Analytics

University of Canberra

📍 Canberra, ACT

2018
|
2016



B.Sc. Sport & Exercise Science

Western Sydney University

📍 Sydney, NSW



CONTACT

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REFERENCES

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