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# Nicholas Worcester

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## EDUCATION/CERTIFICATIONS

- M.A. Interdisciplinary Studies, Hiram College (2022) → Focus in Leadership/Coaching
- IFPA Certified Strength & Sports Conditioning Specialist (2021)
- B.A. Sports Management, William Penn University (2019)

## BASEBALL PROFILE

- 4-year varsity player at William Penn University (2016-2019)
  - Heart of America Conference champion (2019)
- 2-time Metro Collegiate Summer League All-Star (2017-2018)

### **Hiram College, Hiram OH** — *Graduate Assistant Coach*

August 2020 - Present

- **Coaching/Recruiting**
  - Organize daily practice for hitting and outfield
  - 1st base coach
  - Assisted in recruiting classes of 21 and 17
  - Contacted recruits, organized visits, meals, and overnight hosts
  - Evaluated recruits at summer games and showcases
- **Strength & Conditioning**
  - Wrote all S&C baseball programming for 2021-2022 year
  - Organized and ran team lifts, agility/mobility, and conditioning throughout spring
  - Improved team averages of 60-yard dash, vertical jump, broad jump
  - Improved 3 rep maxes of bench press, trapbar deadlift, and back squat
- **Administrative/Secondary Duties**
  - Oversee academic progress
    - 80% of team had over a 3.0 gpa
    - 2021 ABCA Academic Team Award
  - Coordinate team meals
  - Ran the concession stand for all home fall sporting events (team fundraising)
  - Ordering of team equipment, and lineup cards
  - Field Coordinator for summer of 2021
    - Hosted 100+ games

### **D'Bat, Solon OH** — *Hitting Instructor*

October 2021 - February 2022

- Lead individual hitting lessons with kids 8-18 years old
- Organized & individually ran group hitting clinics

## **Force Elite Baseball, West Chicago IL** — *Head Coach of Summer Collegiate Team*

June 2020 - August 2020

- Ran practices and all game operations
- 3rd base coach
- Communicated schedules & any changes with players and parents

## **Central College, Pella IA** — Volunteer Assistant Coach

August 2019 - March 2020

- **Coaching**
  - Assisted with instruction of infield, outfield, and hitting during practice
  - Individualized hitting instruction with players before or after practices
- **Recruiting**
  - Contacted recruits that were found on NCSA who fit the recruiting strategy of the program
  - Assisted in campus visits

## **Force Elite Baseball, West Chicago IL** — Head 15u Baseball Coach

May 2019 - August 2019

- Champions of the Seminole Sports Tournament (June 2019)
- Ran practices and all game operations
- 3rd base coach
- Communicated schedules & any changes with players and parents
- Assisted in running tryouts and evaluation of talent for next years 2020 teams (ages 15-18)

## **SKILLS**

- Coaching experience in infield, outfield, and hitting
- Collegiate playing experience in many fielding positions (SS,2B,3B,LF,RF,CF)
- Experienced in computer programs such as FrontRush, Fieldlevel, Google Drive Applications, Excel, Hudl, and Blast Motion
- Knowledge of both NAIA and NCAA rules
- Ability to work with a diverse group of athletes & skill levels