

## **Roger Marandino M.A., CSCS\*D, SCCC, RSCC\*E, Master Strength Coach**

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### **PROFILE:**

Most recently employed by the XFL as the League Liaison for Player GPS tracking as well as the Head Strength and conditioning coach for the NY Guardians of the XFL. Employed by Catapult Sports as Sr. Sports Performance manager, working with the Pac 12/ Big 10 and Big 12 NCAA conference. Approximately 25 years of coaching experience, four seasons as Head Strength and Conditioning Coach for the Indianapolis Colts, one season as First Assistant Strength Coach with the Philadelphia Eagles, sixteen seasons as Director of Strength and Conditioning at Brown University. While with the Colts, implemented the largest Catapult system in the NFL. Two time, NSCA Ivy League coach of the year. 2000 NSCA professional of the year. Ten time, NSCA National and International presenter. Strength and conditioning director of third largest athletic program in the nation, fielding 37 varsity sports while at Brown. Three-time Drug Free National Champion, Powerlifting.

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### **EDUCATION:**

#### **1993-98 University of Connecticut, Storrs, Connecticut**

Master of Education Degree, Sport Biomechanics

Concentration: Biomechanics and Motor Control Thesis Topic: Neuromuscular Adaptation to Maximal Olympic Weightlifting

#### **1993 University of Pacific, Stockton, California**

Strength and Conditioning Internship, Summer 1993

#### **1989-1993 Kean University of New Jersey, Union New Jersey**

Bachelor of Arts Degree Major: Adult Fitness/Exercise Science

### **EXPERIENCE:**

#### **2019-20 Head Strength and Conditioning Coach**

League Liaison to Player GPS tracking, New York Guardians, XFL NY/NY

#### **2017-19 Catapult Sports**

Brisbane AUS, Chicago, IL Sr. Performance Manager, Pac12/Big 10/Big 12 Conference

#### **2015-19 Zionsville High School**

Zionsville, IN, Volunteer Strength Coach

### **2012- 15 Indianapolis Colts**

Indianapolis, IN Head Strength and Conditioning Coach

### **2011 Philadelphia Eagles**

Philadelphia, PA 1st Assistant Strength and Conditioning.

### **1995-2011 Brown University**

Providence, RI, Director of Strength and Conditioning

Duties include developing and implementing all components of Ivy League Strength and Conditioning program. Our programming is Classic Olympic style periodization with emphasis on teaching correct training technique. Training philosophy dictates research-based training programs which aid in limiting injury and improving sport performance. Brown University is the third largest athletic program in the Country.

### **1993-1995 University of Connecticut**

Storrs, Connecticut, Graduate Assistant Strength and Conditioning Coach

During this time, the University did not have full time assistant strength coaches. I served a dual role as an assistant strength coach and graduate student. Primary responsibilities included, at one time or another, the physical development of the following teams: Football, Men's and Women's Basketball, Men's Soccer and Baseball. During second year of employment, Football was my primary responsibility.

### **1993-1995 University of Connecticut**

Storrs, Connecticut, Health Fitness and Weight Training Instructor, Department of Exercise, Sport and Leisure

Instructed Undergraduate and Graduate students during a sixteen-week credit course. Curriculum included nutrition, cardiovascular, weight training and fundamental principles of health and wellness.

### **1993 University of Pacific**

Stockton, California Strength and Conditioning Internship

### **Honors, Certifications and Committees:**

Collegiate Strength and Conditioning Coaches Association, CSSS Certification, Spring 2011.

Master Strength and Conditioning Coach Award, May 2012

Three-time Drug Free National Champion: Power Lifting 1995 ADFA (82kg) 1992-93 WNPF (82kg)

National Strength and Conditioning Association, 2003-2008 Coach Practitioner Distinction

National Strength and Conditioning Association, 2002-2004 Conference Committee Member

New England Weightlifting Championships, 2001 Forth Place (94kg)

National Strength and Conditioning Association, 2000 Collegiate Strength and Conditioning Professional of the Year for Division 1A-1AA

National Strength and Conditioning Association, 2000 Collegiate Strength and Conditioning Professional of the Year for the Ivy League

National Strength and Conditioning Association, 1997 Collegiate Strength and Conditioning Professional of the Year for the Ivy League

Brown University Football, 1997 Brown Pride Award "For loyalty, support, service and faith in Brown Football"

National Strength and Conditioning Association, 1994 Certified Strength and Conditioning Specialist C.S.C.S.

United States Weightlifting Federation, 1994 Level 1 Olympic Weightlifting Coach No longer current.  
CSCCA Strength and Conditioning Coach Certified 2011

**Current Professional Presentations and Publications:**

Huskers Performance Symposium, 2017 Speaker: Training in a Phone Booth, University of Nebraska Lincoln, Nebraska

University of Kansas Mid-West Conference, 2017 Speaker: Feet first Training, Lawrence, Kansas

NSCA National Conference, 2015 Speaker: Conditioning in the Weight Room, Orlando, Florida

Midwest Sports Performance Conference, 2011 University of Kansas, Speaker: 50 Lower body Drills in 60mins, A video Presentation, University of Kansas, Lawrence, Kansas

Guest Lecture, 2009 Biology Department

Force Velocity Curve Presentation, Brown University, Providence, Rhode Island

Excelsior Sports, 2008 Host and Speaker, Brown University, Providence, Rhode Island

National Strength and Conditioning Association, 2005 Winter Conference, Host and Speaker: Strength and Conditioning Drills and Ideas Brown University, Providence, Rhode Island

National Strength and Conditioning Association, 2004 Sport-Specific Conference Speaker: Training for Power: Drills and Ideas, Orlando, Florida

National Strength and Conditioning Association, 2002 National Conference Speaker: From the Field Presentation. Using Slide Board Drills to train the Abdomen, Las Vegas, Nevada

National Strength and Conditioning Association, 2002 Sport-Specific Conference Speaker: Strength Training Drills and Considerations: Squatting and Separation Drills San Antonio, Texas

National Strength and Conditioning Association, 2001 Sport-Specific Conference Speaker: Weightlifting, Jumping, Conditioning Drills and Considerations, Atlanta, Georgia

National Strength and Conditioning Association, 2001 Sport-Specific Conference, Speaker: From the Field Presentation. Conditioning in the Weight Room, Atlanta, Georgia

National Strength and Conditioning Association, 2000 National Conference Speaker: Using Weightlifting and Powerlifting Combinations to Train for Multiple Sports: Pros and Cons, Orlando, Florida

National Strength and Conditioning Association, 1999 International Conference Speaker: Implementing Olympic Combination Drills to Train for Multiple Sports, Vancouver BC, Canada

Connecticut Strength and Conditioning Association, 1999 North East Symposium Speaker: Implementing Olympic Weightlifting, Yale University, New Haven, Connecticut

National Strength and Conditioning Association, 1997 National Football Conference Speaker: Brown University Football Strength and Condition Methods and Programming Dallas, Texas

**ARTICLES/VIDEOS:**

1999 National Strength and Conditioning Association Journal article vol 21#5 Oct

2000 National Strength and Conditioning Association Journal article vol 22#1 Feb

2002 National Strength and Conditioning Association Performance Training Journal Aug (Online)

2002 Using Weightlifting Combinations to Train Multiple Sports Professionally Produced Coaching Video

**REFERENCES:**

Available upon request