

Gabriel Harrington

Phone # 845-662-1930

EDUCATION

- **Master of Science - Biomechanics**
Michigan State University 2005
- **Bachelor of Arts – Physical Education**
Hillsdale College 2000

EXPERIENCE

- **Head Strength and Conditioning Coach**
Colgate University March 2009-Present
- **Associate Head Strength and Conditioning Coach**
United States Military Academy, West Point April 2008-March 2009
 - Head Football Strength and Conditioning Coach
 - Strength consultant for The Baltimore Ravens
- **Associate Head Strength and Conditioning Coach**
United States Military Academy, West Point April 2006-April 2008
 - First Assistant Football
 - Head Men's Basketball
 - Head Men's and Women's Tennis
 - Head Swim and Dive
- **Assistant Strength and Conditioning Coach**
United States Military Academy, West Point April 2003-April 2006
 - First Assistant Football
 - Head Men's and Women's Tennis
 - Head Swim and Dive
- **Graduate Assistant Strength and Conditioning Coach**
Michigan State University September 2001-March 2003
- **Volunteer Strength and Conditioning Coach**
Michigan State University September 2000-August 2001

MEDIA

- Own and operate Essentials of Long Snapping
 - Online at: www.essentialsoflongsapping.com
- Published article, *Scholastic Coach and Athletic Director* October 2008
- Columnist, *From the Sidelines* May 2008

CERTIFICATIONS

- Certified by the Collegiate Strength and Conditioning Coaches Association (SCCC)
- Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association (CSCS)
- Certified adult, child, and infant CPR/AED by the American Red Cross

ATHLETIC EXPERIENCE

- Hillsdale College Football
 - 4 year letter winner 1995, 1997-99
 - Academic All-Conference (GLIAC) 1999
 - Honorable mention All-Conference special teams (GLIAC) 1999