

# Gabriel Harrington MS, SCCC, CSCS

## Education:

- Master of Science: Kinesiology (emphasis in Biomechanics) – Michigan State University. GPA – 3.62 (4.0)
- Bachelor of Arts: Physical Education - Hillsdale College. GPA – 3.2 (4.0)

## Experience:

- **United States Military Academy, West Point** – Associate Head Strength and Conditioning Coach, Spring 2006-Current
- **United States Military Academy, West Point** – Assistant Strength and Conditioning Coach, Spring 2003-Spring 2006
  - First assistant with Football
  - Run summer Strength and Conditioning program for Football athletes during leadership training at Fort Sill, OK
  - Develop and implement all facets of Men's Basketball Strength and Conditioning programs
  - Develop and implement all facets of Men's and Women's Tennis Strength and Conditioning programs
  - Develop and implement all facets of Men's and Women's Swim/Dive Strength and Conditioning programs
  - Supervise cadet interns
  - Conduct test procedures/record keeping (Football, Basketball, Tennis, Swim/Dive)
  - Communicate with Athletic Training Staff regarding cadet-athlete welfare
  - Communicate with Academy Nutritionist for optimal athletic performance
  - Work with the Center for Enhanced Performance on the mental aspect of sport
  - Equipment maintenance
  - Record Property and Accountability of Equipment in four facilities on post
- **Michigan State University** – Graduate Assistant Strength and Conditioning Coach, Fall 2001-Spring 2003
  - Assist in implementation of Football Strength and Conditioning program
  - Conduct test procedures/record keeping (Football, Tennis, Golf)
  - Develop and implement all facets of Men's Tennis Strength and Conditioning program
  - Develop and implement all facets of Women's Golf Strength and Conditioning program
  - Organize and manage budget for supplements
  - Manage all facets of Strength and Conditioning during summer camps
  - Communicate with Athletic Training Staff regarding student-athlete welfare
  - Equipment maintenance
- **Michigan State University** – Volunteer Strength and Conditioning Coach (Football), Fall 2000- Summer 2001

**Athletic Experience:**

- 4-year letter winner, football-Hillsdale College
- Academic All-American (GLIAC) 1999-Hillsdale College
- Honorable mention All-Conference special teams (GLIAC) 1999-Hillsdale College

**Other Qualifications:**

- Certified by 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
- Certified Woodway treadmill repair technician
- Ability/experience coaching the long snap in football
- Complete, original biomechanical research on the long snap in football
- Original, research-based instructional DVD on the long snap in football
- Proficient in exercise development and implementation on all levels and disciplines
- Proficient computer skills for all Windows and ProTrainer applications

**Professional Development:**

- Notre Dame Speed & Strength Coaches Clinic 2000, 2001
- Visited and observed strength training and conditioning procedures with the Philadelphia Eagles – May 2002
- National Conference CSCCa – May 2005 and May 2006

