

# Blair M. Wagner

| Education   | Certifications / Continued Education   |
|---|--|
| <ul style="list-style-type: none"> <li>◇ Eastern Michigan University - Ypsilanti, MI<br/>Enrolled Ph.D. Program, Educational Leadership<br/>September 2013 - December 2013</li> <li>◇ The Citadel - Charleston, SC<br/>M.S., Health, Exercise &amp; Sport Science<br/>January 2008 - April 2010</li> <li>◇ University of Wyoming - Laramie, WY<br/>B.S., Kinesiology &amp; Health Promotion<br/>September 2003 - May 2007</li> </ul>  | <ul style="list-style-type: none"> <li>◇ National Strength &amp; Conditioning Association - CSCS</li> <li>◇ Collegiate Strength &amp; Conditioning Coaches Association - SCCC</li> <li>◇ USAW - Sports Performance Coach Certified - Level 1</li> <li>◇ National Academy of Sports Medicine - CES</li> <li>◇ EXOS - Performance Coach Certified, Level 1</li> <li>◇ Precision Nutrition - Sports Nutrition Coach Certified, Level 1</li> <li>◇ International Youth Conditioning Association - YCS Level 1</li> <li>◇ American Red Cross - CPR / First Aid / AED</li> </ul> |
| Experience  |  |
| <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <ul style="list-style-type: none"> <li>◇ DIA Sports Performance - Winter Park, FL<br/>Human &amp; Sport Performance<br/>CEO / High Performance Director<br/>March 2018 - Present</li> <li>◆ Develop standards which produce performance driven outcomes through innovative and applied sports science practices<br/>Influence and promote a holistic performance lifestyle for athletes<br/>Manage and promote communication between coaches and players<br/>Advance sport and training throughout community involvement<br/>- camps, clinics, volunteer services</li> </ul>  <ul style="list-style-type: none"> <li>◇ Los Angeles Rams - Los Angeles, CA<br/>Strength &amp; Conditioning<br/>Assistant Coach<br/>February 2017 - March 2018</li> <li>◆ Assisted with the development and implementation of the annual strength and conditioning program for the 2017 NFC West Championship Team<br/>Programmed and implemented training routines for reconditioning players<br/>Developed, directed and led the annual restorative athlete protection plan<br/>Conducted performance testing protocols, computation of data and results,<br/>Developed the Combine Body Assessment &amp; Scoring Criteria Model</li> </ul> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;">  <ul style="list-style-type: none"> <li>◇ University of Washington - Seattle, WA<br/>Strength &amp; Conditioning<br/>Assistant Coach<br/>January 2015 - February 2017</li> </ul> </div> <div style="width: 45%;">  <ul style="list-style-type: none"> <li>◇ Seattle Storm - Seattle, WA<br/>Strength &amp; Conditioning<br/>Director<br/>April 2016 - September 2016</li> </ul> </div> </div> <ul style="list-style-type: none"> <li>◆ Directly oversee the strength, speed, and conditioning programs for softball, men's crew, women's tennis, throwers, and volleyball.<br/>Co-coordinator for internship program<br/>Developed and manage the facility maintenance program<br/>Member of peer advocates - student athlete wellness program</li> </ul> </div> <div style="width: 45%;">  <ul style="list-style-type: none"> <li>◇ United States Army Special Operations Command - 1SFG (A)<br/>Human Performance Specialist / Soldier Rehab Coordinator<br/>December 2013 - July 2014</li> <li>◆ Directed and assisted the strength, speed, and conditioning programs for Special Forces Soldiers - Green Beret.<br/>Managed and directed reconditioning program for wounded soldiers.<br/>Managed and supervised facility operations sanitation and maintenance.<br/>Conducted performance testing protocols, computation of data and results.</li> </ul>  <ul style="list-style-type: none"> <li>◇ Eastern Michigan University - Ypsilanti, MI<br/>Strength &amp; Conditioning<br/>Director February 2011 - December 2013<br/>Assistant Coach April 2010 - February 2011</li> </ul> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;">  <ul style="list-style-type: none"> <li>◇ The Citadel - Charleston, SC<br/>Strength &amp; Conditioning<br/>Assistant Coach<br/>December 2007 - April 2010</li> </ul> </div> <div style="width: 45%;">  <ul style="list-style-type: none"> <li>◇ New York Knicks - Charleston, SC<br/>Strength &amp; Conditioning<br/>Volunteer Coach<br/>October 2007</li> </ul> </div> </div>  <ul style="list-style-type: none"> <li>◇ College of Charleston - Charleston, SC<br/>Strength &amp; Conditioning<br/>Assistant Coach<br/>August 2007 - December 2007</li> </ul> </div> </div> |  |