

Rick Bryant

Education	University of Massachusetts Amherst, MA Master's of Science – Exercise Science Springfield College Springfield, MA Bachelor's of Science – Physical Education SUNY Morrisville Morrisville, NY Associate of Arts – Social Sciences
Professional experience	Lifetime Athletic Club Boca Raton, Florida Personal Trainer Assess client fitness needs and objectives to create a program that leads individuals or group toward intended goals. Focus on core stability and strength, balance, flexibility, joint stability and strength, coordination of movement patterns with proper alignment, cardio-respiratory fitness, regeneration and nutrition. Inspired to educate through primary use of open chained exercises that allow optimal performance training and development. Sports World East Windsor, Connecticut General Manager and Director of Soccer Responsible for developing marketing strategy and carrying forth the initiative to secure participants for league play, rental clients and programming. Responsible for all phases of business operations. Direct all soccer programs and form a Premier Club to compete in CJSA state leagues. Post University Waterbury, Connecticut Men's & Women's Soccer Coach, Director of Intramurals, Physical Education and Sport Management Adjunct Faculty Fourteen years as Head Men's Soccer Coach, Central Atlantic Collegiate Conference Men's Coach of the Year on four different occasions. Five years full time with all additional duties above and more.

Additional professional activities

- Assistant Men's & Women's Soccer Coach at UMass/Amherst, Goalkeeper Trainer, two years with the men and one year with the women, the women qualified for the NCAA Division I Final Four for their first time.
- Region I Staff Coach, train and assess players at OPD Identification camp.
- CJSA Staff Coach, Licensing Instructor & Coordinator, District Select Program, Assisting with the Olympic Development Program
- South Central Premier and Windsor World Class Premier Coach
- National Director for Star Goalkeeper Academy, Camp Director for No. #1 Goalkeeper/Striker Camps and I have also run my own camp programs for teams, clubs, facilities and Post University.

Professional memberships

USSF "A" License & National Youth License

National Soccer Coaches Association of America

United States Soccer Coaches Organization

National Strength And Conditioning Association

NASM Certified PT and Performance Enhancement Specialist

References

There are many individuals that would provide a reference on my behalf, please request list if necessary.

Awards received

CACC Men's Coach of the Year 1994, '96, '98' & 2000

Olympian Club 2000 Coach of the Year Award