

# CONTINUING EDUCATION: SIMPLE, CHEAP AND EFFECTIVE

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## BACKGROUND

### • Education

- SUNY Alfred State
  - Baseball Student-Athlete
- Canisius College (S&C Intern – 2 years)
  - B.S. – Athletic Training
- Central Connecticut State University (S&C GA – 2 years)
  - M.S. – Exercise Science

### • Employment

- University of Texas at Austin (Intern – Summer)
- Northern Arizona University (Assistant – 6 years)
- Lamar University (Head – 2 years)



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## OVERVIEW

- Why???
- Origin
- Resources
- Evolution
- Current
- Example Topics
- Challenges
- Future Ideas



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### WHY???

- Sharpen the saw in-house
- Invest in and evolve your staff
- Reserved time to talk shop with staff
  - “Never stop learning”
- GAs/Interns learn most during sessions
  - Link classroom material to practical setting



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### ORIGIN

1. Fall 2013: NAU GA's curriculum
  - Educational Leadership
2. Desire to give back
3. Develop S&C coaches
3. Investment in staff = return on investment
  - Reflected in student-athletes



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### RESOURCES

- Essentials Book for basic topics
  - Added personal/practical experiences to foundational information
  - Example: Testing & Evaluation – max out ego
- Relevant peer reviewed/practical articles
  - Research/Journal/Training & Conditioning



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## EVOLUTION

- Year 1 = Began with 2<sup>nd</sup> year of GA cycle
- Year 2 = New GA's → repeat 1<sup>st</sup> year
- Year 3 = New GA's 2<sup>nd</sup> Year
  - Job Application/Interview Preparation
  - Guest Speakers
    - Aussies, Sprints Coach
  - S&C Staff Special Topics (FT/GA/Intern)
    - Ex. Beet Juice, PAP, FOR



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## CURRENT

- Overview
  - 1x/week (fall/spring)
  - 3 hours maximum
- 1. Team program review (20 min)
- 2. Topic of the day/discussion (up to 1 hour)
- 3. FB Review/Announcements (20-40 min)
- 4. Staff WR Clean (less than 1 hour)
- \*NEW\* → Guest Speakers = Administration
  - + Relationship/Trust Builder



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## FUNDAMENTAL TOPIC EXAMPLES

- Program Design (7 Steps)
- Periodization
  - Science and Application
- Male/Female Training Differences
- Rehabilitation & Reconditioning
- Facility Organization & Risk Management
- Hip/Shoulder Durability
- Speed/Speed Endurance Development
- COD/Agility Development
- Testing & Evaluation
- Plyometrics



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### SPECIAL TOPIC EXAMPLES

- Job Application
  - Cover Letter, Resume
- Interview Skills & Questions
- Continuing Education Resources
- Beet Juice Supplementation
- Functional Overreaching
- Nutrition
  - Timing, Needs
- Velocity Based Training
- Altitude Training
- How to Present
- APRE




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### CHALLENGES

- NO TIME...
  - NO EXCUSES...17 teams, 2 FT/1 GA/1-3 Interns
  - Reserve it last in scheduling
  - Reserve it like a team's training session
    - Time invested in staff = student-athlete benefit
- Guest Speakers
  - No shows...send reminders as date approaches




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### FUTURE IDEAS

- On-Campus Exercise Science Professors
- On-Campus Nutrition Professors
- Invite Support Staff
  - Ex. AT, Administrators
- Staff Book Review
  - Ex. 5 Dysfunctions of a Team
- Mock Interview
- EAP
  - Random Application




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## THANK YOU!!!

- Chuck/Becky – CSCCa
- Charles Pelitera/Jeff Lee – Canisius College
- Michael Ericksen – Central Connecticut State University
- Donnie Maib – University of Texas at Austin
- Sandy Abney – University of Texas at Austin
  - Encouraged S&C Coaches to Share Information
- Cody Hodgeson – Northern Arizona University
- LU S&C Staff



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## QUESTIONS???

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- Cell: (716) 997-9436

### •References

- Baechle, Thomas R., Earle, Roger W., eds. *Essentials Of Strength Training And Conditioning*. Champaign, IL : Human Kinetics, 2008. Print.



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