

# **CONTINUING EDUCATION: SIMPLE, CHEAP AND EFFECTIVE**

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*Strength & Conditioning Coordinator*

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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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- **References**

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



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