

ROBERT BROWN

(972) 948-7079

ROBERT@RBROWNSPORTS.COM

COACHING EXPERIENCE

JULY 2000 – JULY 2012

STRENGTH AND CONDITIONING COACH, POLARIS SOCCER CLUB

TRAINED ALL TEAMS

DEC 2002 – JULY 2012

STRENGTH AND CONDITIONING COACH, TEXAS IMAGE VOLLEYBALL

TRAINED ALL NATIONAL TEAMS 13S – 18S

AUG 2003 – PRESENT

STRENGTH AND CONDITIONING COACH, TEXAS WESLEYAN UNIVERSITY

HEAD STRENGTH AND CONDITIONING OVER THE VOLLEYBALL PROGRAM

JAN 2005 – DEC 2018

VOLLEYBALL MASTER INSTRUCTOR, USA VOLLEYBALL

RESPONSIBLE FOR TEACHING BOTH PERFORMANCE AND SPORTS COACHES USAV
STRENGTH AND CONDITIONING PRINCIPLES

DEC 2005 – JUNE 2007

STRENGTH AND CONDITIONING COACH, STING SOCCER

TRAINED '93S NATIONAL CHAMPIONS TEAM OF 2007

DEC 2010 – JULY 2012

STRENGTH AND CONDITIONING COACH, TAV

TRAINED 14S – 18S BLACK AND BLUE TEAMS

DEC 2013 – JULY 2016

ONLINE STRENGTH AND CONDITIONING COACH, MILWAUKEE STING

CREATED AND MONITORED A SPECIAL PROGRAM FOR WATER BREAKS

DEC 2014 – JULY 2018

STRENGTH AND CONDITIONING COACH, DALLAS PREMIER

TRAINED ALL NATIONAL TEAMS 13S - 18S

COACHING CERTIFICATION

NATIONAL ACADEMY OF SPORTS MEDICINE (NASM)

PERFORMANCE ENHANCEMENT SPECIALIST

NATIONAL SPORTS PERFORMANCE ASSOCIATION (NSPA)

WEIGHTLIFTING PERFORMANCE COACH

USA VOLLEYBALL (USAV)

MASTER INSTRUCTOR

CAP III

INTERNATIONAL YOUTH CONDITIONING ASSOCIATION (IYCA)

OLYMPIC LIFTS INSTRUCTOR

KETTLEBELL ATHLETICS

KETTLEBELL INSTRUCTOR LEVEL TWO

ASSOCIATIONS/COMMISSIONS

USA VOLLEYBALL SPORTS MEDICINE AND PERFORMANCE COMMISSION