



# Todd J. Preston

Norman, OK 73072

405-924-9077

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## Skills

- Analytical Thinking
- Critical Thinking
- Problem-solving aptitude
- Performance Improvements
- Player Assessments
- Analytical Skills
- Sports injuries training
- Progress Monitoring
- Data Collection
- Technique instruction

## Experienced Strength & Conditioning / Performance Coach.

Throughout my professional career, I have had the opportunity to work with hundreds of people and athletes, helping them to reach their goals; whether it be athletic performance, strength and conditioning, weight loss, return to sport, increased strength, muscle mass, or recovery from an orthopedic surgery. As a coach, I use my knowledge and skills to best establish a blueprint that will help others achieve their fitness and athletic goals.

## Industry Experience

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### Strength and Conditioning Coach /Performance Coach

*Carter Peak Performance, Norman, OK*

*January 2017 - Current*

Work alongside an industry leading professional and mentor, I lead the Performance and Sports Science component of our business. In conjunction with our coaches, we design and teach athletic programs to increase the athletes abilities to move, feel, and perform at their peak.

We work closely with athletes of all skill levels and ages including: The Pride of Oklahoma Marching Band, Mid-America Christian University Men's Basketball, Norman Youth Soccer Association, Norman High Baseball, Norman North Baseball and Women's Basketball, and Risin Baseball.

### Strength and Conditioning Coach /Certified Personal Trainer

*The Health Club, Norman, OK*

*September 2017 - Current*

Work one on one with clients and athletes to enhanced functional movement and sport performance. This is done by developing and implementing programs focused on improving aspects the client needs including: muscular size, strength, power and endurance.

### Assistant Strength and Conditioning Coach

*Norman North High School Baseball,  
Norman, OK*

*August 2020 - Current*

Lead weightlifting classes throughs the summer and school year that are customized for the specified sport above.

Lead all Sport and Performance Science testing. Actively record, rank, and publish testing data and key performance indicators for baseball, using data to further enhance the athletes abilities on and off the field. The formulas are custom curated based on the most applicable sports science research.

### Strength and Conditioning Coach /Performance Coach

*Risin Baseball, Oklahoma*

*August 2020 - Current*

Perform movement prep exercises and warmup during the annual summer tryouts. Alongside this, collect speed data for all participating athletes for a 60 yard dash sprint test. This information is ranked and published to aid the coaches in the selection of athletes to their teams.

### Strength and Conditioning Coach

*The Pride of Oklahoma Marching  
Band, Norman, OK*

*August 2023 - Current*

Conducted a Needs Analysis and Feasibility Study during the 2023-2024 season, leading to a strength and conditioning program and implementation for The Prides Athletes.

Actively lead the Pride of Oklahoma through summer camps and daily physical warmup at the onset of rehearsals, utilizing the custom movement sequences constructed based on the athletes needs.

## Education

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The University of Oklahoma at Norman, OK

**Bachelor of Science in Human Health And Sports Medicine** May 2018

Minor in Sociology

## Certifications

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- Certified Strength and Conditioning Specialist (CSCS)
- Certified Personal Trainer (NSCA-CPT)
- Functional Movement Screen Certified (FMSc)
- Universal Speed Rating Certified (USR)
- Reflexive Performance Reset Certified (RPR)
- Signal 6\* Certified

## References

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### **Jack Carter**

Owner / Strength and Conditioning Coach

Carter Peak Performance

Norman, Oklahoma

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### **Chat Williams**

Program Manager

The Health Club

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### **Shawn Magee**

Manager

The Health Club

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### **Brian Britt**

Director of Athletic Bands

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Norman, Oklahoma

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### **Brian Aylor**

Head Baseball Coach

Norman North High School

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