

LOGAN C. FREY M.S. CSCS

1800 N Street
Alpine, TX 79830
281-381-5462

Logan55frey@gmail.com

Effective and highly motivated strength and conditioning coach seeking greater responsibility, accountability and opportunities for a career in the strength and conditioning field. Excellent interpersonal, communication and relationship-building skills. Listens attentively, communicates persuasively and follows through diligently. Approaches people with passion, energy and excitement with the greatest degree of professionalism and personal integrity. Able to analyze situations, spot weaknesses and address areas of need in order to quickly resolve any ongoing issues. Strong work ethic and problem solving skills.

Education

University of Georgia Southern
Masters of Kinesiology
3.83 out of 4.0 GPA

Statesboro, GA

May 2016-July 2017

University of Mary Hardin Baylor
Exercise Sports Science
3.19 out of 4.0 GPA

Belton, TX

Jan 2011- Dec 2014

Tomball High School

Tomball, TX

2006-2010

Work Experience

Sul Ross State University
Director of Performance

Alpine, TX

February 2018-Present

Sports include: Football, Men's and Women's Basketball, Women's Soccer, Baseball, Softball, Volleyball, Tennis and Track and Field.

University of Texas A&M – Football

College Station, TX

May 2017-January 2018

Strength and Conditioning Paid Professional Intern
Part time 20-39 hours per week

University of West Georgia Athletics

Carrollton, Georgia

January 2015-May 2017

Strength and Conditioning Graduate Assistant Coach for Football
Team Strength and Conditioning Leader and Programmer for Women's Volleyball, Women's Basketball, Women's tennis and Women's Soccer

North Belton Middle School

Belton, TX

Fall 2014

Student Teacher- Coach

Leon Heights Elementary

Belton, TX

Fall 2014

Student Teacher- Physical Education Teacher

Achievements

- Trained and Developed Division II All American, Dylan Donahue, and All Gulf South Conference, Alex Armah. Both of these players also were selected in the 2017 NFL Draft – first ever in school history.
- NCAA Division II Gulf South Conference Champions and National Semi-Finalists—University of West Georgia Football 2015
- University of Mary Hardin Baylor Football Inter-squad player of the week—Dec 2011
- All District Football (Center) Awards 2007, 2008, 2009
- 2016 USA Weightlifting University Nationals Qualifier

Activities

- MAD Elite Training Athlete 2013-2014
- Chad Vaughn Olympic Lifting Athlete 2013-2014
- College Football at UMHB
- The Rock Ministry Coaching—2011 thru 2013
- High School Football—2006 thru 2009
- Power Lifting Varsity Team—2007 thru 2008
- Tomball High School Sports Camp Volunteer—2008 thru 2009
- Vacation Bible School Sports Leader—2007 thru 2009
- Angel Food Volunteer—2008 thru 2009

Certifications and Skills

- Certified Strength and Conditioning Specialist (CSCS)
- USA Weightlifting Sports Performance Certification
 - USAW-L1SP
- CPR and AED Certified
- Excellent Interpersonal and Computer Skills
- Extensive Knowledge in the use and application of the video analysis software DartFish