

Jeffrey H. Diritto, M.S., CSCS, SCCC, USAW

EDUCATION

Master of Science in Kinesiology, Integrative Exercise Physiology
Temple University, Philadelphia, PA

Bachelor of Arts in Psychology
Shippensburg University, Shippensburg, PA

CERTIFICATIONS

Strength and Conditioning Specialist, NSCA

Strength and Conditioning Coach Certified, CSCCa

Sport Performance Coach, USA Weightlifting

CPR, AED, and Basic First Aid

EXPERIENCE

Coordinator of Clinical Experiences

Department of Kinesiology and Health Sciences
Virginia Commonwealth University

August 2015 – Present

- Oversee all undergraduate internship experiences in the Exercise and Health Sciences
- Facilitate University relationships with off campus organizations and student mentors
- Ensure students receive academic credits while performing experiential learning
- Instruct core courses within the department including HPEX 395, HPEX 495, and HPEX 496

Assistant Strength and Conditioning Coach

Sports Reality, Mechanicsville, VA

January 2015 – August 2015

- Assisted with the implementation and supervision of training sessions for the Richmond Raiders of the Professional Indoor Football League
- Provided input and ideas while creating the strength and conditioning programs for high school, collegiate and professional athletes from multiple sports
- Assisted with the overall design and implementation of daily warmup, lifting, speed, agility, conditioning and cool down sessions
- Supervised multiple part time strength and conditioning coaches and professional intern coaches
- Developed educational content for clientele including weekly training tip videos
- Assisted with maintaining a safe and professional working environment

Men's Basketball Assistant Coach

Penn State Mont Alto, Mont Alto, PA

September 2014 – January 2015

- Coordinated the strength and conditioning program within the student-athletes daily schedule
- Designed and implemented warmup, lifting, speed, agility, conditioning, and cool down sessions
- Assisted with the implementation and supervision of on court drills during practices
- Presented basketball specific strength and conditioning information during annual coaches clinic

Strength and Conditioning Coach

Mount St. Mary's University, Emmitsburg, MD

October 2012 – March 2014

- Created and implemented 2013-2014 annual plan for NEC Champion Men's Basketball program
- Designed and implemented all aspects of training for multiple varsity sport programs
- Tracked and monitored year round progress of body composition, speed and strength variables
- Oversaw conditioning and agility programs for student athletes from multiple sport programs
- Implemented injury prevention programs and assisted with reconditioning of injured athletes
- Educated student athletes and coaches on performance nutrition and dietary supplements
- Supervised multiple professional interns and work study students
- Developed content for the athletics website

Professional Mentorship

Georgetown University, Washington, DC

May 2013 – August 2013

- Completed a coaching development practicum to fulfill the CSCCa certification requirements
- Assisted with the daily implementation of training sessions for multiple sport programs

Strength and Conditioning Coach

William Penn Charter School, Philadelphia, PA

January 2012 – October 2012

- Designed and implement year round training programs for all Varsity student athletes
- Provided coaches with an in season recovery and restoration program
- Instructed student athletes on safe exercise technique and nutritional practices
- Tracked and monitored progress of body composition, speed and strength variables
- Oversaw conditioning and agility programs for athletes from multiple sport programs
- Implemented injury prevention programs and assisted with reconditioning of injured athletes

Strength and Conditioning Coach

Germantown Friends School, Philadelphia, PA
September 2010 – January 2012

- Designed and implemented all phases of the Varsity Athletics S&C Program
- Provided education on training and recovery techniques including nutrition
- Tracked and monitored progress of all individuals on testing measurements
- Created a safe and motivational environment for student-athletes to train

Assistant Strength and Conditioning Coach

Professional Internship
University of Pennsylvania, Philadelphia, PA
August 2010 – January 2012

- Designed and implemented men's cross country and mid-distance programs
- Gained experience with football, sprint football, men's basketball, track and field, field hockey, men's and women's crew, men's tennis, and wrestling
- Assisted with the implementation of all other programs
- Provided supervision and hands on instruction to student-athletes during open hours

Assistant Strength and Conditioning Coach

Professional Internship
Temple University, Philadelphia, PA
August 2009 – May 2010

- Designed and implemented training for men's crew and women's fencing
- Gained experience with men's and women's basketball and track and field
- Assisted with the daily training of other Olympic sport programs
- Assisted in maintaining the professional appearance of the facility

Adjunct Faculty

May 2009 – December 2010

Graduate Teaching Assistant

Kinesiology Department
Temple University, Philadelphia, PA
August 2007 – May 2009

- Instructed multiple sections of weight lifting courses each semester
- Evaluated, recorded and tracked physical and cognitive performances
- Supervised groups of 25 during training while teaching Exercise and Sport Science principles

Conference Co-Chair

11th Annual Northeast Atlantic Sport Psychology Conference, Temple University
September 2008 – April 2009

- Gained supervisory experience planning and hosting a regional event
- Organized presenters, created conference materials and developed publication materials
- Coordinated campus facility arrangements and assigned duties to board members

Sport Performance Coach

Graduate Internship

NSCA and Velocity Sports Performance, Cherry Hill, NJ

August 2008 – December 2008

- Gained experience coaching both males and females from all athletic backgrounds
- Completed the Velocity Sports Performance Coach education curriculum
- Coached large groups on sprint and change of direction mechanics
- Provided group coaching during strength training sessions

AWARDS

The American Academy of Sports Dietitians & Nutritionists Nutrition Specialist Workshop Scholarship, 2009

Educational Scholarship, The Order of the Eastern Star, 2008

Donald R. Hilsendager Scholarship, 2008

Educational Scholarship, The Order of the Eastern Star, 2007

Ryan Pacella Memorial Scholarship, Big 33 Scholarship Foundation, 2003

EVENTS ATTENDED

2015 NSCA Mid-Atlantic Regional Conference

Temple University, Philadelphia, PA

December 4-5, 2015

2015 Collegiate Strength and Conditioning Coaches Association Annual National Conference

Nashville, TN

May 6-8, 2015

2014 Basketball Coaches Clinic

Penn State University Mont Alto

October 25, 2014

Presentation Topic: Strength and Conditioning Considerations for Basketball

2014 Collegiate Strength and Conditioning Coaches Association Annual National Conference

Salt Lake City, UT

May 7-9, 2014

2014 Hammer Strength and Conditioning Coaches Clinic

Villanova, PA

May 3, 2014

2014 Hammer Strength and Conditioning Coaches Clinic

Ashburn, VA

March 8, 2014

2012 Hammer Strength and Conditioning Coaches Clinic

Villanova, PA

May 4-5, 2012

Functional Movement Screen and Advanced Corrective Exercise Courses

King of Prussia, PA

Nov 4-6 2011

- 2011 Hammer Strength and Conditioning Coaches Clinic
Villanova, PA April 29-30, 2011
- Thirteenth Annual Northeast Atlantic Sport Psychology Conference
Temple University, Philadelphia, PA March 25 – 26, 2011
- 2011 Hammer Strength and Conditioning Coaches Clinic
Lawrenceville, NJ March 12, 2011
- 2010 Villanova Strength and Conditioning Clinic
Villanova University, Villanova, PA April 30 – May 1, 2010
- 2010 Hammer Strength and Conditioning Coaches Clinic
Lawrenceville, NJ March 26 – 27, 2010
- USA Track & Field Level 1 Club Coach Course
Villanova University, Villanova, PA March 19 – 21, 2010
- USA Weightlifting Sport Performance Coach Course
West Chester University, West Chester, PA November 21 – 22, 2009
- American Academy of Sports Dietitians & Nutritionists Nutrition Specialist Workshop
Rowan University, Glassboro, NJ October 10 – 11, 2009
- Spring Sport Symposium; Administrative Decision-Making in Collegiate Athletics
Temple University, Philadelphia, PA April 7, 2009
- Eleventh Annual Northeast Atlantic Sport Psychology Conference
Temple University, Philadelphia, PA March 27 – 28, 2009
Co-chair of NASP Conference Executive Board
- 2009 Villanova Strength and Conditioning Clinic
Villanova University, Villanova, PA March 7, 2009
- Tenth Annual Northeast Atlantic Sport Psychology Conference
Temple University, Philadelphia, PA April 4 – 5, 2008
Member of NASP Conference Executive Board
- Boot Camp for Sports Entrepreneurs
Temple University, Philadelphia, PA November 7, 2007
- Ninth Annual Northeast Atlantic Sport Psychology Conference
Temple University, Philadelphia, PA March 23 – 24, 2007