

Jeffrey H. Diritto, M.S., CSCS*D

EDUCATION

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

Bachelor of Arts in Psychology
Shippensburg University, Shippensburg, PA

CERTIFICATIONS

Certified Strength and Conditioning Specialist with Distinction (*D)
National Strength and Conditioning Association

EXPERIENCE

Coordinator of Internship Experiences

Department of Kinesiology and Health Sciences
Virginia Commonwealth University, Richmond, VA
August 2015 – Present

- Served on Experiential Learning Initiative “Work” Subcommittee (Spring 2017)
- Member of Universities Career Development Collaborative
- Organize the Kinesiology and Health Sciences annual career and internships fair
- Oversee all undergraduate internship experiences in Exercise and Health Science
- Facilitate University relationships with outside organizations and professionals
- Ensure students receive academic credit while performing experiential learning
- Instruct core courses within the department including HPEX 395, 495 and 496
- Design and lead the Fit 4 Life Youth Discovery STEM-H Camp (2016, 2017, 2018)

Virginia State Advisory Board Member

National Strength and Conditioning Association
August 2019 – Present

- Support Virginia state director with the development and implementation of an annual conference
- Support the promotion and public awareness of the National Strength and Conditioning Association within Virginia

Certified Strength and Conditioning Specialist Exam Prep Instructor

National Strength and Conditioning Association, Colorado Springs CO

April 2016, July 2016, November 2016, April 2017, April 2018, Feb. 2019 (2)

- Instructor for two day clinics preparing attendees for the certification exam
- Day 1 is an intense lecture-based review of the Exercise Science Foundations
- Day 2 is a review of the Practical/Applied Skills inclusive of hands-on demonstrations of exercise techniques and practical applications of program design/periodization
- Selected to assist with exam prep clinic at the 2016 NSCA national conference

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-athlete's daily schedule
- Designed and implemented warm up, 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

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

EVENTS ATTENDED

2021 NSCA VA State Clinic

Virginia Beach, V.A.

Sept. 25th, 2021

Assisted with the recruitment of speakers and on-site coordination as a state advisory board member

2020 NSCA VA State Clinic

Springfield, V.A.

Feb. 9th, 2020

Assisted with the recruitment of speakers and on-site coordination as a state advisory board member

CliftonStrengths for Students Campus Champions Course

Virginia Commonwealth University

Dec. 6th, 2019

2019 NSCA National Conference

Washington, D.C.

July 10-13, 2019

Doing REAL Poster Session

VCU REAL initiative

April 15, 2019

Presented: Undergraduate Internships; Department of Kinesiology and Health Sciences

Gen Z: How To Support Their Career Development

VCU Career Development Collaborative	March 19, 2019
Legal Issues: NSEE Experiential Education Academy Mid-Atlantic Regional Workshop NYU DC Center	October 25, 2018
Best Together: Transforming Our Careers VCU Career Development Day	October 18, 2018
PLAE Summit George Washington University, Washington DC	April 21, 2018
The Central Virginia Sport performance Seminar University of Richmond, Richmond, VA	July 21st-22nd, 2017
2017 Virginia State Clinic Virginia Commonwealth University, Richmond, VA <i>University host for over a dozen speakers and more than 175 attendees</i>	April 8, 2017
PLAE Summit Under Armour Headquarters, Baltimore MD	March 25, 2017
The Central Virginia Sport performance Seminar University of Richmond, Richmond, VA	July 15th-16th, 2016
2016 NSCA National Conference New Orleans, LA	July 6-9, 2016
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 <i>Presentation Topic: Strength and Conditioning Considerations for Basketball</i>	October 25, 2014
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 <i>Co-chair of NASP Conference Executive Board</i>	March 27 – 28, 2009
2009 Villanova Strength and Conditioning Clinic Villanova University, Villanova, PA	March 7, 2009
Tenth Annual Northeast Atlantic Sport Psychology Conference Temple University, Philadelphia, PA <i>Member of NASP Conference Executive Board</i>	April 4 – 5, 2008
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