Philip M. Endicott, JR

Profile

Goal-oriented Strength and Conditioning Coach with solid background in building and managing individual and group training programs. Experienced optimizing athletic performance through speed, strength, and power conditioning. Detail-oriented, systematic and driven to achieve remarkable results with every single athlete

Certifications

CSCS Strength and Conditioning Coach (pending)
First Aid/CPR
NASM
Personal Trainer Certificate (CPT)

EDUCATION

Gallaudet University/ Washington, D.C.
August 2009 – December 2011
Rotary Scholar Award
Master of Science in Leisure Services Administration

Gallaudet University / Washington, D.C.
July 2004 – December 2011
Dean's List
Bachelor of Science in Physical Education/Minor in Coaching

WORK EXPERIENCE

Strength and Conditioning Coach / Illinois College, Jacksonville, IL
May 2018 – Current
Enhancing functional movement pattern of each athlete
Helping athletes set, pursue, and attain individual and team goals
Reviewing and improving nutritional habits of team members

Personal Trainer / Life Time Fitness, Philadelphia, PA
April 2016 – May 2018
Trained clients during strength training, cardiovascular exercise and stretching
Designed specific workout systems for individual clients based on their performance ability
Developed, planned and led personal and group fitness sessions

Personal Trainer Intern / Gallaudet University, Washington, D.C.
August 2013 – April 2016
Trained clients during strength training, cardiovascular exercise and stretching
Designed specific workout systems for individual clients based on their performance ability
Developed, planned and led personal and group fitness sessions

SKILLS

Team Building
Decision-Making
Flexible and Adaptable
Active Listening
Nutritional Guidance
Performance Improving