

Curriculum Vitea

Name: Will Stuart
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Academic Qualifications:

2008-2011: Bachelor of Exercise Science
 Charles Sturt University, Bathurst NSW, Australia

Qualifications and Skills

- Certificate III in Fitness (WRAS SCI internship RPL Certificate IV)
- ASCA Level 1 Strength & Conditioning Certificate
- ASCA PSI (Intern Coach)
- Planning to undertake a Masters (Honours) in Strength & Conditioning through Charles Sturt University in 2012 (by Distance Education)
- OH&S Green Card (now known as a White Card)
- Advanced First Aid Certificate
- Worked at a gym supervisor at the Charles Sturt University gym in 2010
- ARU Level 1 Rugby Union Coaching Certificate

Area of Expertise/Interest:

- Strength & Conditioning, Sports specific elite athlete preparation

Profile:

I am an up and coming Strength & Conditioning coach who has just completed his degree in Exercise Science at Charles Sturt University in Bathurst. I have a keen interest in the strength & conditioning field and am a strong believer in training sports specific movements to allow athletes to gain greater results in their chosen field. My strength & conditioning opportunities have also allowed me to work with the Western Region Academy of Sport as strength & conditioning intern, working specifically with youth athletes.

Strength & Conditioning Experience:

2010-2011 Western Region Academy of Sport Strength & Conditioning Intern:
 Provided expert service and delivery of strength & conditioning programs for youth athletes in my chosen squad. Maintained high morale and

motivation during training sessions with athletes and coaches. Represent the WRAS at events around the region, including RACE Lectures. SCI mapped against RPL for Certificate IV in Fitness.

- 2011** **Will Stuart Strength Training:** Specialising in sport specific strength & conditioning
NSW Waratahs: Professional Placement for 1 week.
Central West Rugby Union: Strength & Conditioning Coach and Team Trainer for the NSW Country Championships in Lismore.
Ku-Ring-Gai Netball U12's State Age Team: Strength & Conditioning Coach
CSU Rugby Bathurst: Club Strength & Conditioning Coach and Club Trainer for 2011 Central West Season
NSWIS, Homebush: Professional Placement as part of WRAS Internship
- 2010** **CSU Gym Supervisor (Paid Position):** Maintaining the gym, supervising athletes in the gym. Providing advice and guidance in the safe use of gym equipment and exercise technique correct. Responsible for the day to day administration and financial matters of the gym.
ARU Wallaroos Strength & Conditioning Assistant Coach, Western Region: Train Athletes from the western region 3 to 4 times a week in the gym or on the field.
- 2009** **ACT Brumbies, Canberra:** Professional Placement for 2 weeks as part of Bachelor of Exercise Science Degree

Professional Recognition and Awards:

2011: **Strength of America Award – National Strength and Conditioning Association for Excellence in Strength and Conditioning practices for high school athletes**

Project Title Western Region Academy of Sport, Strength and Conditioning Internship (SCI) Program - *Athlete Physical Development Model*.
 SCI interns: Will Stuart, Kelsea Burden, Adam Safaric.
Award accepted by: Dr Stephen Bird Coordinator WRAS SCI Program, Charles Sturt University at the National Strength and Conditioning Association National Conference. Las Vegas, NV, USA.

Publications:

Manuscripts in review or progress

Bird, S.P., & **Stuart, W.** Integrating balance and postural stability exercises into the functional warm up for youth athletes. *Strength and Conditioning Journal* (In review)

Professional Service Presentations:

- 2011** **Athlete in the making: *Developing movement athleticism for sports readiness*** Western Region Academy of Sport Regional Athlete Coaches Education Seminar
- RACE to the top: *Developing Sports Speed*** Western Region Academy of Sport Regional Athlete Coaches Education Seminar

Sporting Achievements and Experience

- 2011** Central West Blue Bulls, NSW Country Championships, Lismore (S&C Coach and Player)
2nd Grade Coach: Charles Sturt University Rugby Union
- 2010** Gym Supervisor, Charles Sturt University
Charles Sturt University Rugby Union, Club Secretary
Charles Sturt University Rugby Union, Club Man of the Year
Charles Sturt University, Merit & Colour Award
Central West Blue Bulls, NSW Country Championships, Newcastle
- 2009** Lift Host, Whistler Ski Resort, Canada
Charles Sturt University Rugby Union, Club Man of the Year
- 2008** Charles Sturt University, University Blue in Rugby Union
NSW Universities Rugby Union tour to Queensland
- 2006** Gap Year, Dragon School, Oxford
- 2005** Virile Agitur Award for Enthusiasts

Education

- 2000-2005** Knox Grammar School, Wahroonga

Referees

- Dr Stephen Bird, PhD
Senior Lecturer, Exercise Rehabilitation
Charles Sturt University Bathurst
Email: sbird@csu.edu.au
- Lee Field
Administration Manager and U12 State Age Team Coach
Ku-Ring-Gai Netball
Email: lfield@bigpond.net.au
- Charles Croucher
Sports Reporter/Presenter
Nine Network Australia
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