**Alex Holley**

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1124 Northampton rd.  Kalamazoo, MI 49007

**EDUCATION**

**Tiffin University** Tiffin, OH

\*In Progress\* Master’s Program: Sports Management

**Spring Arbor University** Spring Arbor, MIBachelors Degree Graduated May 2017

Major: **Health and** **Exercise Science**  **GPA: 3.03**

**Kellogg Community College** Battle Creek, MI Associates Degree Graduated May 2015 General Studies **GPA: 3.57**

**WORK HISTORY**

**GA Baseball Strength & Conditioning Coach at Tiffin University** Fall 2020 - Present

* In charge of creating, developing and running strength, agility & nutritional programs

**Tiffin University Assistant Baseball Coach** Fall 2020 - Present

* Work with the infielders as well as assist with offense (hitting & base running)

**Assistant Baseball Coach at Kellogg Community College** Fall 2019 – Spring 2020

* Worked with infield and assisted with offense

**Strength & Conditioning Coach at Kellogg Community College**  Fall 2019 – Spring 2020

* KCC Baseball Strength & Conditioning
* KCC Women’s Soccer Strength & Conditioning

**Adjunct Professor at Kellogg Community College** Fall 2019 – Spring 2020

* Taught a Cardio Tone Course
* Assisted and Created an online Strength Course & Cardio Tone Course through the pandemic for future online use

**Strength and Conditioning Coach** **at Next Level Performance** Summer 2016 – Spring 2020

* Training athletes in speed, agility and weights from middle school through collegiate athletes
* Developed and Implemented a training regimen specifically designed for all athletes
* Worked under the guidance of Bob Vezeau

**TEAM SPORTS**

* Spring Arbor University Baseball **2015 – 2017**
* Kellogg Community College Baseball (**5th place world series in 2015**)  **2013 – 2015**
* Vicksburg High School: Baseball, Football, Basketball **2010** - **2013**

**Certifications**

* CPR (2021), CSCS (currently in progress of studying)