

Nathan Archer

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Education

Jun. 20- Present University of Southern California California

- ♦ Master of Science in Biokinesiology with Sports Science Emphasis

Sept 18- May 20 University of Wisconsin Wisconsin

- ♦ Master of Science in Kinesiology

May 16-Aug. 17 Humber College Institute of Technology Toronto

- ♦ Fitness and Health Promotion
- ♦ Graduated with Honour's

Feb. 09-Nov. 09 Humber College Institute of Technology Toronto

- ♦ Fire and Emergency Services Pre-Service FireFighting
- ♦ Graduated with Honour's

2003-2007 Guelph University Guelph

- ♦ Bachelor's Degree in Commerce with a focus in Marketing
- ♦ Graduated with Honour's

1998-2003 Lester B. Pearson High School Burlington

- ♦ Ontario Secondary School Diploma

Work Experience

Aug. 2018- May 2020 University of Wisconsin Madison

Strength & Conditioning Coach Intern

- ♦ Assisted head strength coaches with warm up and training sessions by coaching and monitoring athletes to ensure all movements and exercises were done correctly
- ♦ Set up equipment in advance of workouts so that everything was ready for the athletes
- ♦ Developed the programming, managed other interns and oversaw the training sessions for the cheerleading team
- ♦ Developed the programs and ran extra training sessions for the men's and women's hockey players who were healthy scratches

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- ◆ Led athletes through warm ups and full training sessions when head coaches were absent for scheduled workouts
- ◆ Cleaned and maintained the training room so that everything was in its correct area and working properly

Sept. 2019- Present University of Wisconsin Madison

Course Instructor

- ◆ Developed curriculum to help students with their understanding and implementation for a proper training program
- ◆ Outlined the proper progression through the different phases of periodization which will lead to the greatest results
- ◆ Introduced fundamental movement patterns that are needed to be safe and confident in a weight room setting
- ◆ Created all assignments, exams and lab/weight room exercises to assess students' knowledge of learned material

May 2019- Aug. 2019 University of Texas Austin

Strength & Conditioning Coach Intern

- ◆ Assisted head coach for athletic performance with the women's volleyball training sessions
- ◆ Demonstrated and corrected exercises to athletics to help improve technique and movement
- ◆ Develop an annual training plan including 52 weeks of programming for the women's swim team as a summer long project
- ◆ Set up all of the necessary equipment prior to workouts
- ◆ Took part in weekly educational sessions to learn more about periodization, program design and physiological adaptations regarding training
- ◆ Assisted in weight room training sessions for swim camp athletes

May 2014-Present Archer Training Systems Inc. Burlington

Owner/Strength Coach

- ◆ Assessed clients' physical capabilities to see any imbalances limitations to properly design their program
- ◆ Designed and implemented client specific training programs that met their goals and needs
- ◆ Handled all bookkeeping, expensing and monitoring of cash flow for the company

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- ◆ In charge of all social media, marketing and advertising to promote the business

Sept. 2017- June 2018 Appleby College

Oakville

Strength Coach/Program Developer

- ◆ Developed and implemented a strength training programs for students in grades 9-12
- ◆ Increased the students' level of physical performance by engraining proper movement patterns that provided the foundation that their future training is based on
- ◆ Monitored and corrected students' technique during training sessions to ensure movements are done safely and correctly

Apr. 2017- Aug. 2017 McMaster University

Hamilton

Strength & Conditioning Coach Intern

- ◆ Lead and oversaw team, group or individual training sessions including: Strength, Power, Energy system Development, SAQ and Plyometric training
- ◆ Assisted athletes in preparation for and recovery from workouts by leading them proper warm-up and cool down sessions
- ◆ Gained experience using assessment tools: BodPod, Keiser systems, Force Plate, Timing Lights, Tendo Unit and OptoJump
- ◆ Completed the McMaster internship systems overview, lectures, practical's and tutorials conducted by lead staff
- ◆ Worked as camp staff for the Marauder Sports Camps that did sport specific development for young athletes
- ◆ Assisted in pre-season physical fitness testing for the Hamilton Tiger Cats and Hamilton Bulldogs
- ◆ Assisted in physical fitness testing for Hockey and Bobsleigh Canada
- ◆ Performed FMS testing on athletes in McMasters high performance Volleyball camps

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Certifications

- ◆ Certified Strength and Conditioning Specialist - NSCA CSCS
- ◆ Fitness Practitioners Association of Ontario- OFC
- ◆ Reflexive Performance Reset- RPR Level 1 and 2
- ◆ Functional Movement Screening- FMS Level 1
- ◆ USAW Level 1- Certified by Daniel Camargo
- ◆ Member of OWA- Ontario Weightlifting Association
- ◆ Member of USAW
- ◆ Darby Training Systems: Assessment, Exercise and Program Design
- ◆ Darby Training Systems: Introduction to Olympic Weightlifting
- ◆ CanFit Pro Certified Personal Trainer

Extracurricular Activities

2016	Canadian Weightlifting	Trenton
Men's 30-34 85kg Silver Medalist in Canadian Masters Weightlifting Championship		
2014	Totten Training	Lake Placid
Attended the weightlifting camp hosted by Totten Training at the Olympic Training Centre		
2011-2013	Burlington Eagles	Burlington
Assistant Hockey Coach for Minor Pewee AA		
2003-2007	University of Guelph	Guelph
Played intramural hockey and basketball		
2000-2003	Lester B. Pearson High School	Burlington
Member of the Varsity hockey team		
2002	Lester B. Pearson High School	Burlington
Member of the Varsity football team		
1999-2000	Lester B. Pearson High School	Burlington
Member of the midget basketball, junior hockey, badminton, and track and field teams		
1996-2000	Burlington Eagles	Burlington
Member of Burlington City Rep hockey team		