

Brady McCormick

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EDUCATION

University of Southern California, Los Angeles, CA

Masters of Science - Biokinesiology Sport Science Emphasis, December 2021

University of Wisconsin La Crosse, La Crosse, WI

Bachelor of Science - Exercise Science Fitness Track Emphasis, May 2020

CERTIFICATIONS

CSCS since September 2020

USAW Level 1: Sports Performance Coach since January 2018

Red Cross CPR/AED since 2013

EXPERIENCE

University of Southern California

Los Angeles, CA

Applied Sports Science Intern

January 2021 - Present

- Lead the coordination of player tracking data collection for USC Football using 85 Catapult devices to measure the movement and collision demands of conditioning, practices, and games
- Assisted in the collection of eccentric posterior chain strength data using Nordbord devices
- Compared USC Football game film to player tracking event data for individual players to validate metrics used from Catapult to understand football collisions

Harvard University

Cambridge, MA

Strength and Conditioning Intern

January 2020 - May 2020

- Assisted primary coach in directing athletes through strength and conditioning sessions for 42 varsity teams
- Worked in a team of interns to maintain quality and organization of the 24,000sq ft training facility, equipped with 24 training stations
- Learned through an S&C curriculum consisting of strength training, speed, agility, conditioning, and mobility

RESEARCH AND CAMPUS INVOLVEMENT

Clinical Exercise Research Center

Los Angeles, CA

Researcher

September 2020 - Present

- Wrote and submitted IRB proposals for research topics relating to jump performance in order to inform training methods
- Coordinated with coaches and athletes to schedule and organize testing for 5 different studies, across 5 different locations
- Analyzed data to understand significant findings as well as wrote abstracts for the studies

Speaking Engagements

National Strength and Conditioning Association - National Conference

July 9, 2021

- Presentation Title: Determining the Optimal Load for Maximal Power Production in the Mid-Thigh Power Clean

American College of Sports Medicine - National Conference

June 1-5, 2021

- Presentation Title: Determining the Optimal Load for Maximal Power Production in the Mid-Thigh Power Clean