

JORDAN M. WORREL

MBA, SCCC, CSCS, CREP®-USREPS®

CONTACT

(785) 456-3833



Worrel@XPerformance.org



Jordanworrel.weebly.com



QUALIFICATIONS

Foundation: *Olympic Lifts*

Variants of Hip-Hinge

Niche: KB Training

Niche: Prehabilitory Correctives

Apt Workout Programming

*Workout planning utilizing MS Excel,
EliteForm, Sparta Science, FMS, TPI, RI*

Video prod. & SFX: Adobe S/W

EDUCATION

Master of Business Administration

Concordia University, 2017

International Honor Society

· *Beta Gamma Sigma* ·

*Top 20% of the Top 5% of Business
Universities (Master/Doctoral) in The
World*

Bachelor of Science in Kinesiology

Kansas State University, 2014

Honors: *Presidential Scholarship*

Associate of Arts in Sports Medicine

Hutchinson C.C., 2011

Honors: *President's Honor Roll*

WORK EXPERIENCE

DEPARTMENT OF DEFENSE

10/2023 – 1/2024

Director of Human Performance, Optimizing the Human Weapon System, 173d FW

- Specialist for ranked aircrew to reduce frequency & severity of injuries & time lost from service, improve long term QOL
- Optimize human performance/readiness, avoid injury prior to occurrence, increase aircrew production, & support fighter aircrew retention

DEPARTMENT OF DEFENSE

2/2022 – 3/2023

U.S. Army H2F Strength & Conditioning Coach Contractor

- Head Strength & Conditioning Coach (SCC) for ~2000 Soldiers & Spec. Forces in 2-82 Brigade Combat Team, 2-325 Airborne Infantry Regiment, Fort Bragg
- Head SCC for over 600 Soldiers, 3-10 Brigade (LI) 7-10 BSB, Fort Polk, Complete Strength & Conditioning program control
- Co-led design & budgeting of \$80,000 U.S. Gov. funds for Performance Center; implemented 1st iteration of 3-10 Ranger Development & Assessment program, 66% Ranger School Passer Rating

CLEMSON UNIVERISTY

Summer 2021

(Comp.) Football Strength & Conditioning Intern

- Hand-selected by Clemson University's Football Strength & Conditioning Director, Joey Batson, for the 2021 summer internship program

YMCA OF HOUSTON

8/2019 – "Covid"

Health & Wellness Coach | Personal Trainer III

- Taught higher-ed classes of human nutrition, & behavioral lifestyle enhancement to the community; fitness & weight loss programs for youth -to- senior citizens (NASA Engineer w/ diabetes) tailored to individual needs & wants

BAY AREA CHRISTIAN SCHOOL

7/2018 – 8/2019

Associate Athletic Director | Head S&C Coach | Var. FB Coach | 5th - 6th grade PE

- Developed, managed & implemented athletic performance program for **110** student athletes, grades 7th-12th
- Created **budgets** & utilized Ath. Dept. **assets** for strength & conditioning equipment

TARLETON STATE UNIVERSITY

7/2017 – 7/2018

(Comp.) Assistant Athletic Performance Coach

- Developed, managed & implemented athletic performance program for FB, VB, SFB, W Golf, Cross Country, BSB, M & W's BB, & Track & Field
- Implemented quantifiable linear periodization with undulating self-regulatory components at micro level for T&F Throwers, &
- Full Off-Season trained, then, 3 yr. WSC starter at The University of Miami; became 4 yr. starter w/ her best year & now *international soccer player*

UNIVERSITY OF TEXAS AT DALLAS

7/2016 – 7/2017

(Comp.) Assistant Strength & Conditioning Coach

- Developed & implemented athletic performance program for VB, M&W's Basketball, M&W's Tennis, M&W's Soccer, BSB, SFB, & Cross Country
- Exhibited strong interpersonal skills to adapt, motivate & empower student athletes while upholding personal integrity & UTD's leadership tenants
- Tracked/recorded performance metrics for **370** athletes utilizing Teambuildr, expanded their exercise video selection via video creation **Adobe S/W**

REFERENCES

RUSS RIEDERER

National Football League, Chicago Bears
Director Physical Development, Former
785-207-1139
[Email Not Available](#)

DONNIE MAIB | MSCC

The University of Texas at Austin
Assistant AD for Athletic Performance
512-232-5075
donnie.maib@austin.utexas.edu

ROD COLE | MSCC

Tarleton State University
Assistant AD for Athletic Performance
254-968-9671
rcole@tarleton.edu

DANNY CAVENDER

Kansas State University
Director S&C *Olympic Sports*
785-410-2682
dcavender@kstatesports.com

CHRIS DAWSON

University of Central Florida
Director of Strength & Conditioning
785-473-8239
ucffbrecruiting@athletics.ucf.edu

PAUL SPARKS

Nellis Air Force Base
Top Secret Clearance (TS/SCI)
Director "Unknown"
Co-worker 2023, same field
205-305-2359 | TXT He will Call Back
[Email Not Available](#)

CERTIFICATION

SCCC | Collegiate Strength and
Conditioning Coaches Association

CSCS | National Strength and
Conditioning Association

FIRST AID | **CPR** | **AED** | **EMERG.**
OXYGEN | American Heart Association

ATHLETICS

1st in Nation Hutch. CC. Linebacker | **2 yrs**
3rd at AAU Nationals | **Shot-put**
Jr. Olympics Qualifier, Silver Gloves | **5 yrs**
Competitive Wrestling | **11 yrs**
Football State Champion | **4 Sport Athlete**

WORK EXPERIENCE (CONTINUED)

MANHATTAN CHRISTIAN COLLEGE

9/2015 – 1/2016

(Comp.) Head Athletic Performance Coach

- Installed and successfully executed 1st-year performance program for Men's Basketball, Women's Basketball, and Baseball
- Garnered strong relationships with multicultural athletes & administrators through transparency & open communication while creating culture of change
- Coached athletes and teams through safe and effective athletic performance training in order to improve performance and reduce likelihood of injury

THE UNIVERSITY OF TEXAS AT AUSTIN

6/2015 – 9/2015

(Comp.) Athletic Performance Intern

- Developed, managed & implemented athletic performance program for Volleyball, Women's Swimming, Women's Basketball, Baseball, Women's Rowing, & 5 secondary teams
- Scheduled & conducted 100+ valid testing procedures integrating Sparta Science, Elite Form, & Functional Movement Screening with BSB which reduced injuries while obtaining performance data
- Crafted & published a new Sorinex Equipment Exercise Manual, which properly demonstrated new exercises that UTAP still uses today

WASHBURN UNIVERSITY

6/2014 – 6/2015

(Comp.) Assistant Strength & Conditioning Coach

- Developed, managed & implemented athletic performance program for Football, Volleyball, Baseball, Softball, Men's & Women's Tennis, Men's Golf, Women's Soccer & Cheer
- Displayed versatility by leading a 73-man football squad in efficient workout while administrating proactive yoga for 5 different athletic teams; Men's & Women's Tennis, Men's Golf and Cheer
- Identified occupational safety issues and established process management system resulting in direct problem resolution

KANSAS STATE UNIVERSITY

6/2011 – 6/2014

(Comp.) Strength & Conditioning Intern

- Developed, managed & implemented athletic performance program for Football, Volleyball, Women's Rowing, Men's & Women's Golf, Equestrian, and Track & Field
- Led & presented weekly DI Football Recruiting tours with approximately 120+ football recruits and family members (~4 hrs of presentation)
- **\$500 University funds** utilized responsibly for certified scale; collaborated with Director weekly

HUTCHINSON COMMUNITY COLLEGE

8/2010 – 5/2011

(Comp.) S&C Coach | Linebacker Coach

- Formulated & executed strategic planning during daily practice along with implementing the strength and conditioning program for NJCAA #1 Football
- Weekly film break down and analysis with **LA CHARGERS HC Brandon Staley**, our HC and *Myself*, establishing metrics to formulate situational trends
- Offensive Personnel Caller, Defensive Quality Control: maintained standardization of practices that led to the **#1 NJCAA Ranking**

TEAM ACHIEVEMENTS



JORDAN M. WORREL

MBA, SCCC, CSCS

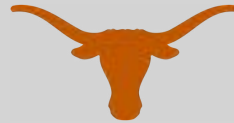
KANSAS STATE UNIVERSITY



NCAA DI RANKING

- #1** FOOTBALL
- #12** VOLLEYBALL

THE UNIVERSITY OF TEXAS AT AUSTIN



NCAA DI RANKING

- #2** VOLLEYBALL
- #6** WOMEN'S SWIMMING
- #12** WOMEN'S BASKETBALL

TARLETON STATE UNIVERSITY



NCAA DII RANKING

- #2** FOOTBALL
- #9** VOLLEYBALL
- #12** SOFTBALL
- #13** WOMEN'S GOLF
- #14** CROSS COUNTRY

WASHBURN UNIVERSITY



NCAA DII RANKING

- #8** VOLLEYBALL
- #25** BASEBALL

UNIVERSITY OF TEXAS AT DALLAS



NCAA DIII RANKING

- #6** VOLLEYBALL
- #25** BASEBALL
- #25** SOFTBALL

SCHOOL RECORD:
5 CONFERENCE CHAMPIONSHIPS

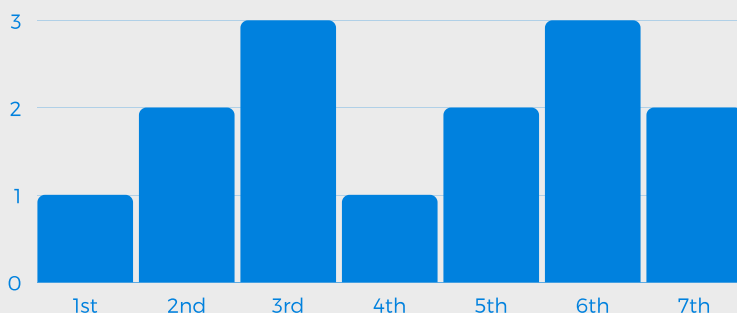
MANHATTAN CHRISTIAN COLLEGE



NCCAA RANKING

- #5** MEN'S BASKETBALL

NFL DRAFT PICKS



WORLD ACHIEVEMENTS

THE UNIVERSITY OF TEXAS AT AUSTIN

- OLYMPIC RECORD HOLDER, SP

KANSAS STATE UNIVERSITY

- OLYMPIC SILVER, HIGH JUMP
- HEISMAN FINALIST [3RD]
- COTTON BOWL
- FIESTA BOWL

LETTERS OF RECOMMENDATION



August 19, 2015

To whom it may concern,

I am an athlete for the University of Texas at Austin rowing team, and I had the pleasure of working with Jordan Worrel this summer three times a week in our athletic performance center. In the sport of rowing it is beneficial to be tall, strong and (usually) heavy. I, however, am of average height and very light for the sport. Jordan was assigned to work with me over the summer to help me gain as much muscle as I could. As a recent addition to the team and being new to such a high level of athletic training, I had a good deal of questions. Jordan was not only a wealth of knowledge but made me feel very comfortable asking anything, even what I would consider "dumb" questions. Jordan is one of the best trainers I have had the opportunity to work with, and with his help I was able to attain my goals for the summer and also learn a great deal while doing so.

Jordan very obviously loves what he does. Seeing him interact with athletes and other interns, he quickly made friends and fit well within the Longhorn athletic world. Jordan was diligent about his work, always there when we were supposed to meet and always keeping busy during other times. He constantly had ideas of new workouts for me, and I could tell he put much thought into all of them. He encouraged me to push myself farther than I would have on my own but always made sure I was safe throughout my training.

I only worked with Jordan for about 6 weeks, but even after that short time I consider Jordan a friend and would highly recommend him. He is a fantastic trainer and a wonderful person. He would be a great addition to any team.

Sincerely,

A handwritten signature in black ink, appearing to read 'M. Goss', written in a cursive style.

Madeline Goss

University of Texas at Austin

Class of 2017

January 26, 2021

To Whom It May Concern:

I have known Jordan Worrel for roughly four years now. I had the opportunity to work with Jordan while I was a student athlete at the University of Texas at Dallas, specifically the year of 2016 – 2017. Jordan worked with our women's tennis team by creating and coaching us through our strength and conditioning workouts.

I personally had not had much direction when it came to strength and conditioning before my collegiate career. I did not know the fundamentals of strength training and felt slightly intimidated starting out in the weight room. Jordan trained me twice a week to not only learn the basics, but to develop lifelong knowledge and habits that would stick with me after graduation. Jordan is one of the utmost patient people I have ever met, and his knowledge and expertise when it comes to training is truly inspiring. Jordan not only trained his athletes for physical growth, but he connects with them all on a personal level. I still thank Jordan for helping shape the way I look at training and for inspiring me to continue building my foundation.

Jordan is truly passionate about training athletes. He is extremely knowledgeable and always believes that we can conquer new goals not only in the gym, but in life. He is patient and always has a positive attitude. I have no doubt that he will only continue to help people achieve goals they never even knew they had. Jordan would make a great addition to any team.

Sincerely,

A handwritten signature in cursive script that reads "Kelly Garner".

Kelly (Reed) Garner

University of Texas at Dallas

B.S. '16 M.S. '18



September 25, 2020

To Whom It May Concern:

It is with absolute confidence and conviction that I recommend Mr. Jordan Worrel for the position in which he is applying to. Over the past year, I have had the unique opportunity to observe Jordan in action, not only as my Connect Group Leader but also as witness to his countless interactions reaching out to world-weary individuals in various counseling situations. His unwavering faith is conveyed by his highly ethical example, kind forbearance, gentle guidance and genuine care of others. I have no doubt that all who have been touched by Mr. Worrel would join me as one voice to proclaim the distinctive moral and divine principles that are the foundation of the meritorious character of this humble servant.

AN UNDERSTANDING LEADER

Jordan not only possesses a compassionate 'ear', but he also listens with his heart in tandem with the promptings of the Holy Spirit. He shines as a leader as reflected in his inclination as a natural advocate to invigorate the spirits of those in need. At every turn, he demonstrates his willingness to be his brother's keeper through steadfast support around the trappings of modern life as well as on their personal walk with Christ.

A SELFLESS LEADER

Beyond the call of duty, Jordan is ready, willing and able to put his life aside to attend to the concerns of others. Whatever the situation, Jordan rises to the occasion with the appropriate remedy. His tireless, loving and shepherding attitude prevails 24/7 to offer prayers, contribute objective insights, provide a non-judgmental safe space, or render aid in order to lighten the burden of those who are troubled.

A SERVANT LEADER

I have had the honor to gratefully serve along with Jordan at the Kid's Meals Organization almost every Saturday this year. During these events, I have had the benefit of watching his impact on the underserved citizens of our community. He graciously lifts spirits with his open-hearted compassion and kind thoughtfulness. It is with obvious enthusiasm that he attends to the nourishment of the bodies in attendance while he consistently contributes to the nurturing of souls.

A TEACHER, ROLE MODEL & COMMUNICATOR

Jordan Worrel has all the amazing attributes of a gifted leader. I have seen first-hand his ability to motivate and inspire members of our Connect Group to elevate their potential to become more Christ-like in their endeavors. Additionally, Jordan has the gift of effectively impacting both youth and adult audiences.



RICE UNIVERSITY
Professional Science Master's Program

His authenticity and humility resonate through compelling story telling, relevant personal experiences along with perspective regarding our current day living with social media and other common circumstances. Our Connect Group Community appreciates and often seeks the wisdom and guidance that Jordan delivers with care and concern for our well-being.

I have over 10 years of experience working with a diverse range of professionals both in industry and academia. During the last 10 years, I have worked closely with an assortment of brilliant leaders from CEO's to heart surgeons, to NASA engineers and high-level executives. Despite these numerous interactions with influential leaders, Jordan Worrel is the one individual that I've worked with who uniquely stands out.

I have no reservations giving Jordan my highest recommendation for this position. I am extremely confident he will be an invaluable addition to your team. Please feel free to contact me if you have any questions.

Sincerely,

Lindsey Hodge

Lindsey M. Hodge
Associate Director
Rice University
Professional Science Master's Program
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