

# Will Ruth

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## EDUCATION AND CERTIFICATIONS

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<b>Western Washington University</b> , Bellingham WA BS Kinesiology, focus Sport Psychology	June 2014
<b>University of Denver</b> , Denver CO MA Sport Coaching	March 2019
US-Lacrosse, <i>Level 3</i>	July 2017-Present
US-Rowing, <i>Level 2</i>	January 2016-Present
NSCA, <i>Certified Strength and Conditioning Specialist</i>	October 2014-Present
USA-Weightlifting, <i>Level 1 Sports Performance Coach</i>	August 2013-2015

## COACHING EXPERIENCE

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### **Craftsbury Outdoor Center** — Craftsbury, VT

*Guest Coach* May 2019 to Present

- Provide on-water coaching and technical development for single scullers of all ages and levels in camp-style environment
- Instruct workshops on strength training and movement fundamentals for rowers of all ages and levels

### **RowingStronger.com** — Bellingham, WA

*Founder and Author* May 2015 to Present

- Create evidence-based coach/athlete-education and training resources on training topics in rowing and strength training for coaches and rowers of all levels
- Online coaching and in-person coach/athlete workshops and clinics on integrating strength training and rowing training
- Co-host of the “Strength Coach Roundtable” podcast on the Rowing Chat Podcast Network, presenting and discussing strength training for rowing topics for coaches and rowers around the world

### **Western Washington University Men’s Rowing** — Bellingham, WA

*Strength Coach and Assistant Coach* August 2013 to April 2019

- Design and instruct periodized strength training program for 30+ male collegiate club rowers, emphasizing holistic development of athletic skills and transferrable strength, conditioning, and endurance to maximize rowing performance and reduce risk of injury
- Assist with on-water coaching, supervising technique and collaborating with co-coaches to develop practice plans, race lineups, fundraising coordination, and program management with student-athlete committee
- Improve athlete knowledge of mental skills training, recovery practices, and leadership with athlete-centered workshops

### **Bellingham Warriors Lacrosse** — Bellingham, WA

*Assistant Coach* October 2013 to June 2018

- JV assistant coach 2014, JV head coach 2015-2016, varsity assistant coach and defensive mentor 2017-2018
- Design and instruct practice sessions for agility and conditioning training, as well as off-season clinics for basic strength training

### **Mt. Vernon High School** — Mt. Vernon, WA

*Volunteer Assistant Strength Coach* July 2013 to September 2013

- Coach off-season and pre-season strength and conditioning training for 40+ high school football players

### **Western Washington University Lou Parberry Fitness Center** — Bellingham, WA

*Gym Attendant* June 2013 to September 2013

- Supervise varsity athletes and ensure safe completion of off-season lifting programs

### **WWU Varsity Track and Field** — Bellingham WA

*Strength Training Intern (~240 hours)* September 2012 to June 2013

- Assist the jumping and throwing coach in the physical development of 25 NCAA-DII collegiate athletes, using Olympic lifts, power lifts, plyometric exercises, and general movement training

## PUBLICATIONS

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“Rowing Stronger: Strength Training to Maximize Rowing Performance”

- Published by Rowperfect UK: First Edition (2015), Second Edition (2019)

“Strength Training Practices for Rowing: Part 1, Reducing Injuries”

- Published by National Strength and Conditioning Association: NSCA Coach Issue 6.4 (2019)

“Strength Training Practices for Rowing: Part 2, Strength Training for Performance”

- Published by National Strength and Conditioning Association: NSCA Coach Issue 7.1 (2020)

“Strength Training Practices for Rowing: Part 3, Conditioning Training”

- Published by National Strength and Conditioning Association: NSCA Coach Issue 7.2 (2020)

## RELEVANT COURSEWORK

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### *UNDERGRADUATE*

*[KIN] Functional Anatomy*  
*[KIN] Strength & Conditioning Program Design*  
*[KIN] Seminar/Capstone Sport Psychology*  
*[KIN] Exercise Psychology*  
*[KIN] Internship and Field Experience (2 qtrs.)*  
*[KIN] Intro to Sport Psychology*  
*[KIN] Motor Control and Learning*  
*[KIN] Sociology of Sport*  
*[BIO] Human Anatomy and Physiology*  
*[ENG] Intro to Technical Writing*  
*[ENG] Rhetorical Analysis*  
*[ENG] Internship and Professional Identity*  
*[PSY] Intro to Behavioral Neuroscience*  
*[PSY] Cognitive Psychology*

### *GRADUATE*

*[MASC] Sociocultural Aspects of Sport Coaching*  
*[MASC] Motor Learning and Pedagogy*  
*[MASC] Sport Nutrition*  
*[MASC] Psychology of Athletes*  
*[MASC] Kinesiology*  
*[MASC] Research Methods in Sport Coaching*  
*[MASC] Organization and Administration of Sport*  
*[MASC] Exercise Physiology*  
*[MASC] Applied Sports Technology*  
*[MASC] Biomechanics of Performance*  
*[MASC] Ethics of Sport Coaching*