



Lorenzo Strand

Head Coach

Experienced football coach with 12 years developing high school programs, holding an NFHS Fundamentals of Coaching credential and a BS in Kinesiology. Reduced in-season player injuries from 14 to 6 per year by restructuring warm-up progressions and enforcing concussion reporting and heat illness prevention protocols. Organized community outreach events across three programs, including a family football night that collected \$2,350 in donations for the athletic department.

CONTACT INFORMATION



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Pella, IA 12345

EDUCATION

BS Kinesiology, Kansas State University
Manhattan, KS | 2010 – 2014

KEY SKILLS

- Video analysis software
- Performance analytics software
- NFHS rules and guidelines
- Concussion reporting protocols
- Heat illness prevention protocols
- Emergency action protocols
- Sprint mechanics instruction
- Game strategy development
- Microsoft Excel
- AED operation

PROFESSIONAL EXPERIENCE

HEAD COACH | PRAIRIE BLUFF HIGH SCHOOL, PELLA, IA 2019 – PRESENT

- Organized 6 community outreach events per year, including youth football clinics and booster fundraisers, drawing an average of 210 attendees per event.
- Reduced in-season player injuries from 14 to 6 per year by restructuring warm-up progressions and enforcing concussion reporting protocols and heat illness prevention protocols.
- Improved average 40-yard dash times across the roster from 5.34 seconds to 4.89 seconds over 2 off-seasons through targeted sprint mechanics instruction.
- Contacted parents within 24 hours of roster changes and provided weekly email updates on schedules, travel plans, and player progress for all 53 athletes.
- Coordinated travel arrangements for 9 away contests each season, confirming bus departures, meal stops, and emergency action protocols 72 hours before each trip.

OFFENSIVE COORDINATOR | VERMILLION CREEK HIGH SCHOOL, OSKALOOSA, IA 2016 – 2019

- Launched 4 community outreach events during the off-season, partnering with local businesses and increasing youth camp registration by 37 participants over 2 years.
- Cut non-contact practice injuries from 11 incidents to 4 incidents per season by revising drill sequencing and monitoring athletic conditioning equipment usage.
- Instructed 16 skill-position players on route-running footwork that shortened average 10-yard split times by 0.14 seconds within one spring program.

ASSISTANT COACH | MAHASKA VALLEY HIGH SCHOOL, NEW SHARON, IA 2014 – 2016

- Reviewed game film using video analysis software for 10 opponents per season, tagging 85 plays per game to prepare scouting reports delivered 48 hours before kickoff.
- Instructed 19 defensive linemen on hand-placement and stance techniques, contributing to a group speed gain that lowered average 20-

yard shuttle times from 4.61 seconds to 4.28 seconds.

- Helped plan and staff 3 community outreach events each spring, including a family football night that collected \$2,350 in donations for the athletic department.

CERTIFICATIONS

- NFHS Fundamentals of Coaching, National Federation of State High School Associations, 2014