



COLLEGIATE STRENGTH & CONDITIONING COACHES ASSOCIATION

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**Quadrian Banks Named
Master Strength and Conditioning Coach**

For Immediate Release

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Quadrian Banks, Assistant Director of Strength and Conditioning at Ohio State University, will be named Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Coaches association (CSCCa). This honor is the highest given in the strength and conditioning coaching profession, and the ceremony is undoubtedly the highlight of the association's National Conference each year. Master Strength and Conditioning Coach Jeff Madden will present Coach Banks with the blue MSCC Jacket on Thursday evening, May 6, 2021, in Fort Worth, Texas, at the 2021 CSCCa National Conference due to the cancellation of the 2020 CSCCa National Conference as a result of COVID-19.

"This is an incredible honor for Quadrian," says CSCCa Executive Director, Dr. Chuck Stiggins. "Being named a Master Strength and Conditioning Coach signifies a commitment to the student athlete, the Ohio State University Athletic Program, and the strength and conditioning profession. We are honored to have Coach Banks as a member of our association and to have him join the ranks of the Master Strength and Conditioning Coaches. He is truly a model of an outstanding strength and conditioning professional."

In order to receive this certification and corresponding title of distinction, an individual must first meet the following criteria:

- 1) Hold a minimum of a bachelor's degree;
- 2) Be a currently practicing, full-time strength & conditioning coach of a collegiate or professional athletic team;
- 3) Hold current membership in the Collegiate Strength & Conditioning Coaches association (CSCCa) and be in good standing;
- 4) Hold the CSCCa Certification – SCCC (Strength & Conditioning Coach Certified); and
- 5) Have a minimum of 12 years experience as a full-time strength and conditioning coach of a collegiate and/or professional athletic team.

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Twenty-three collegiate strength & conditioning coaches have received the prestigious title of *Master Strength & Conditioning Coach* as of May 7, 2020: Quadrian Banks (Ohio State University), Jay Andress (Cornell University), Alfred Caronia (St. John's University), Trumain Carroll (University of Arkansas), Zach Dechant (Texas Christian University), James Durning (University of North Carolina-Charlotte), Dave Forman (Virginia Military Institute), James Frazier (Harvard University), Lorenzo Guess (Michigan State University), Jeremy Heffner (Baylor University), Paul Hogan (Clemson University), Nick Hoheisel (Oklahoma State University), Katrin Koch (University of Georgia), Nicholas Kolb (Previously at Fairfield University), Joshua McMillian (University of Missouri-St. Louis), Terry Mitchell (Previously at Virginia Tech), Molli Munz (Michigan State University), Scott O'Dell (East Central University), Johnny Olguin (Fresno State University), John Patrick (University of North Carolina-Charlotte), Tommy Sheehan (Columbia University), Tim Teefy (Temple University), Sonya Woods (Winthrop University). These 23 coaches will join the existing 197 Master Strength & Conditioning Coaches, bringing the total number of MSCC's to 220.

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