



## **Jeff Blindauer, MS, CSCS, USAW**



Jeff received both his Bachelor's and Master's degrees from South Dakota State University. He is a Certified Strength and Conditioning Specialist and also a Certified Sports Performance Coach through USA Weightlifting. Jeff holds many State Powerlifting and Weightlifting records and has coached two powerlifters that set American records.

### **Strength and Conditioning Coach Sioux Falls Stampede, Sioux Falls, SD**

Ran the program designed by Kevin Ziegler, which helped the Stampede win the Anderson Cup in 2006 and the Clark Cup in 2007. Provided complete strength and conditioning for the team. These services include comprehensive in-season training: warm-ups, strength technique training, nutrition services, conditioning, recovery, post injury rehab, motivation, and aerobic and anaerobic power training. We also provided an off season training manual and year round follow up and communication with each player who doesn't stay in the area.

Among many other great hockey players, I have trained players such as Hobey Baker winner Marty Sertich, Stanley Cup winners Chad LaRose and Alex Goligoski, Thomas Vanek of the Buffalo Sabres, and Andreas Nodl of the Philadelphia Flyers.

### **Strength and Conditioning Specialist Sanford POWER Performance Enhancement, Sioux Falls, SD**

Founded and designed the entire program with POWER coordinator Steve Bliss for Sanford Hospital. Train athletes through an eight-week performance enhancement program, including testing, plyometric training, speed, strength and agility training, conditioning, nutrition information and recovery.

### **Assistant Strength and Conditioning Coach Bethune-Cookman College, Daytona Beach, FL**

Designed and implemented strength and conditioning programs for 7 of the school's 10 Division I sports; Set up and executed testing sessions to determine the athlete's initial performance measures. We consulted athletes individually on such subjects as training, diet, and rehabilitation of injuries. Used hands-on skills to continually improve the gym to maintain its status as the MEAC's best strength training facility.

### **Certifications**

Certified Strength and Conditioning Specialist, USA Weightlifting Level 1 Coach, USA Powerlifting State Referee, CPR Certification, and AED (Automatic External Defibrillator) Certified.

### **Awards**

2005 Dale Carnegie Course graduate.  
Hero of the month Sanford Hospital.  
2007 Clark Cup Championship  
2006 Anderson Cup Championship.  
2007, 2008, 2009 National Dead lift Champion.  
4<sup>th</sup> Place 2005 Men's Nationals Power lifting contest Killeen, TX.  
3<sup>rd</sup> Place, Bench Press Nationals 2003 Rockaway, New Jersey