

JASON BENGUCHE

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OBJECTIVE

Seeking to contribute as a Strength and Conditioning Coach in an elite organization committed to maximizing player performance, durability, and competitive excellence.

QUALIFICATIONS

Proven ability to design and implement comprehensive performance systems that integrate strength development, speed and power training, recovery protocols, and injury mitigation strategies. Dedicated to building a culture of accountability, resilience, and sustained performance. Experienced collaborator with coaching, medical and sports performance staff to optimize athlete availability, readiness and team success.

EDUCATION

Florida State University- Tallahassee, FL, Master of Science, Health Education **May 2008**
- **Graduate Assistant- Football (Strength and Conditioning)**
Springfield College- Springfield, MA, Bachelor of Science, Applied Exercise Science **May 2006**

EXPERIENCE

Assistant Coach- Strength and Conditioning, Arizona Cardinals **3/23-2/26**

- Assisted head strength coach with the design and implementation of yearly training program.
- Responsible for the design and implementation of Team practice/ game day movement preparation.
- Assisted sports medicine staff in the design/ implementation of injured reserve- Return To Play programs as needed.

Director of Performance, Jet Performance Labs **3/20-3/23**

- Responsible for the operation of 6,000sq ft sports performance facility.
- Coordinated the design and implementation of multiple sports performance programs. Including professional, youth, and general population clients.
- Responsible for facility budget, staffing, maintenance, and marketing.

Assistant Coach- Strength and Conditioning, Carolina Panthers **2/13-1/20**

- Assisted head strength coach with the design and implementation of yearly training program.
- Responsible for the design and implementation of Outside the Box (skill) off -season movement and agility program.
- Responsible for the implementation of Outside the Box (skill) in/off-season strength program.
- Assisted sports medicine staff in the design/ implementation of injured reserve-reconditioning training programs as needed.
- Coordinator for yearly and seasonal internship programs.
- Responsible for department budget, including equipment/nutrition purchasing and overall weight room maintenance.

Assistant Director of Player Development- Football, Georgia Institute of Technology **3/08- 2/13**

- Assisted head strength coach with the design and implementation of yearly training program for football.
- Responsible for design and implementation of in-season football Developmental/ Redshirt training program.
- Coordinator for seasonal internship program education.

CERTIFICATIONS

- USA Weightlifting- Level I Club Coach 2005
- National Strength and Conditioning Association – C.S.C.S 2006
- National Academy of Sports Medicine- Performance Enhancement Specialist 2010
- National Academy of Sports Medicine- Corrective Exercise Specialist 2016
- International Society of Sports Nutrition- CISSN 2016
- American Heart Association- BLS/CPR/AED 2025

PROFESSIONAL MEMBERSHIPS

- National Strength and Conditioning Association 2005

PROFESSIONAL PRESENTATIONS, WRITING AND MEDIA

- StackTV.com- Georgia Tech Men's Swimming Off-Season Conditioning 2009
- Training and Conditioning Magazine- Online Author 2011-12
- Gardner Webb University Strength Clinic 2014
- NSCA National Conference- Orlando, FL 2015
- Hammer Strength Clinic- Battle Ground Academy 2016
- Coastal Carolina- Brainstorm at the Beach 2016
- Metabolicmeals.com- Online Author 2018
- Dynamic Fitness and Strength- 60 Second Strength Coach 2020
- Sports Medicine Institute Strength and Conditioning Symposium 2021

COLLEGIATE HONORS AND ACTIVITIES

- Springfield College Football- Offensive Tackle 2002-05
- NCAA Ethnic Minority Enhancement Postgraduate Scholarship 2005
- New England Football Writers Division II/III All-New England 2005
- D3 Football. Com East Region First Team 2005
- ECAC Division III Northeast All Star Team 2005
- Empire 8 First Team Offensive Selection 2005
- Beta Theta Honor Society (Academic Honor Society) 2005
- Springfield College Strength and Conditioning Athlete of the Year 2004

POST-SEASON COACHING HONORS AND EXPERIENCE

- Georgia Institute of Technology- **ACC Champ.** / Fed Ex Orange Bowl 2009
- Georgia Institute of Technology- **Advocare Independence Bowl** 2010
- Georgia Institute of Technology- **Hyundai Sun Bowl** 2012
- Carolina Panthers- **NFC South Champ./ NFL Pro- Bowl** 2013-14
- Carolina Panthers- **NFC South Champ.** /NFC Divisional Playoffs 2014-15
- Carolina Panthers- **NFC Championship/ Super Bowl 50** 2015-16
 - **NFL MVP- Cam Newton**
- Carolina Panthers- NFC Wild Card Playoffs 2017

PROFESSIONAL REFERENCES

- Eric Ciano- Head Strength Coach- Jacksonville Jaguars
(865) 898-3493
- Jonathan Gannon- Defensive Coordinator- Green Bay Packers
(404) 561-6436
- Joe Kenn- Vice President Of Performance Education- Dynamic F&S
(336) 588-5809
- Evan Marcus- Former Head Strength Coach- Arizona Cardinals
(612) 760-1673