

Carter Schmitz

MS, NSCA-CSCS, TPI
3223 South Springfield Ave, Milwaukee WI, 53207
carterschmitz21@gmail.com | (262) 352 - 3848

Impassioned, accountable and dedicated leader with communication skills and extensive practical experience. Skilled writer, confident speaker, and continuous learner. Eager to empower students to a future of success and community transformation.

.....

CERTIFICATIONS

Titleist Performance Institute | Level 1 Certification

January 2021 - Present

NSCA | Certified Strength and Conditioning Specialist

June 2020 - Present

CPR/AED Certified

June 2020 - Present

EDUCATION

UW-Milwaukee | Milwaukee, WI

Sep. 2021 - June 2023

Masters of Science - Kinesiology

GPA: 4.00

University of St. Thomas | St. Paul, MN

Sep. 2015 - May 2019

Bachelor of Arts in Business Administration

Minor: Exercise Science

GPA: 3.93

PROFESSIONAL EXPERIENCE

Founder and Head Coach | [Carter Schmitz Training Systems LLC](#) | Oct. 2021 – Present |

- Serve as the Strength and Conditioning Coach for middle school, high school, and collegiate athletes
- Control and operate all aspects of the business including: Marketing, finance, budgeting, IT, and operations
- Produce online content to promote the business and athletes
- Continuously educate to provide the highest quality training and coaching service to athletes

Adjunct Faculty Member and Lecturer | University of Wisconsin Milwaukee | Sep. 2023 - Present |

- Served as Lead Instructor for Anatomical Kinesiology (KIN220) undergraduate class
- Responsible for overseeing Laboratory and Experiential Learning portion of the class
- Managed a team of 3 Teaching Assistants

Teaching Assistant | University of Wisconsin Milwaukee | Sep. 2021 - May 2023 |

- Responsible for organizing and teaching Laboratory and Experiential Learning portion of courses to undergraduate students in the field of Kinesiology

Assistant Sports Performance Coach | Mash Performance | Aug. 2020 – Sep. 2021 |

- Implement programs and create daily training sessions for athletes.
- Serve as a mentor, guide, and leader for our athletes both inside and outside of sports.
- Communicate with head strength coaches daily to discuss future programming, athlete development, and areas of improvement.

Sports Performance Internship | University of St. Thomas | Nov. 2018 – May 2019, Sep. 2020 – May 2021 |

- Planned and implemented dynamic warmups/cool-downs, collected and analyzed data, led group training stations.
- Assisted in program creation, periodization, and development
- Coached the following teams: Football, Softball, Men's and Women's Basketball, and Women's Soccer.

Sports Performance Internship | Jochum Strength | June 2020 – Aug. 2020 |

Research Assistant | University of St. Thomas | March 2018 - May 2019 |

SPEAKING / TEACHING EXPERIENCES

2019 Synergy Sports Performance Coaches Summit

- Presented on the value and purpose of incorporating elastic resistance into an athlete development program

Teaching Assistant

- UWM Anatomical Kinesiology Laboratory / Experiential Learning Portion (Sept. 2021 - May 2023)
- UWM Biomechanics Laboratory / Experiential Learning Portion (Sept. 2021 - May 2023)

Lead Instructor

- UWM Anatomical Kinesiology Lead Instructor (Sept. 2023 - Present)

PUBLISHED WRITING

Masters Thesis: The Effects of Task Complexity on Knee Mechanics and Joint Coordination Variability During a Side-Step Cutting Task

- My master's thesis explored the effects of increasing task complexity on knee mechanics and motor variability as well as how these changes may effect ACL injury risk and should be applied in physical preparation programs.
- LINK: <https://www.proquest.com/docview/2833532250>

I've written and published hundreds of articles on my own personal website and have been featured on others, showcasing my continuing education and outside learning experience. Three of my featured articles are linked below.

Article #1: Let's Get Messy

- This article explores learning, long-term development and the importance of creating a learning environment that promotes a degree of struggle and disorganization
- LINK: [Let's Get Messy](#)

Article #2: Adaptation and Antifragility

- This article looks at the purpose and methods of creating adaptations, why they matter to athletes and how we can achieve more of them.
- LINK: [Adaptation and Antifragility](#)

Article #3: More than Muscles

- Within this article, I discussed the disconnect between anatomical muscular system knowledge, and putting it into practice in a way that actually improves athletic movement and behavior.
- LINK: [More than Muscles](#)