

THOMAS J. MYSLINSKI JR.

RESEARCH SPECIALIST

BioCore LLC | February 2021 – Current

2021 +

Originally hired as a consultant in February 2021 then promoted to full time in April 2022

Administrative Duties:

- Primary liaison with the NFL teams on the utilization of the Dari marker less motion capture system
- Spearheading a working group to create the first sprinting mechanic (max velocity) screen for the NFL
- Analyze and collaborate with data engineers on contact loading and pre-season analysis
- Assist software developers creating an NFL athletic management system
- Advise the NFL task forces and NFLPA on player health and safety initiatives

COACHING EXPERIENCE

Head Strength and Conditioning Coordinator

2012 - 2021

Jacksonville Jaguars | January 2012 - January 2021

Administrative Duties:

- Communicated daily to the Executive Vice President, General Manager, and Head Coach
- Supervised a staff of seven and spearheaded the creation of the Jaguars sport science sector
- Using Tableau in conjunction with the analytic department, created an in-house athletic management database
- First strength coach in the NFL to utilize advanced technology: GPS tracking, NordBoard, and Kistler force plates to monitor preparedness and readiness
- Created detailed daily, weekly, and yearly reports specifying training progress and workload metrics
- Trusted to effectively manage and purchase within a six-figure yearly budget
- Renegotiated and actively procured corporate sponsorships that benefited sports performance
- Commended on creating a weekly educational in-house newsletter on all aspects of athletic development
- Worked with Rise Sleep Science to provide a customized sleep plan for participating athletes
- In conjunction with Gatorade, built a locker room Fueling Station for all the athletes' nutritional needs
- Redesigned and expanded the existing Jaguars' weight room
- Established a seasonal internship program with the University of North Florida and Jacksonville University

Strength and Conditioning Duties:

- Responsible for overseeing the programming and organization of training for all athletes
- Constructed individualized programs based on the key performance indicators of the athlete and their position
- Virtually prepared and trained a team through the CoVid pandemic of 2020
- Directed the development of a multi-faceted movement screen based on the athletes' strengths and weaknesses
- Instituted individualized preventive prehabilitation exercises based on outcome
- Communicated daily and worked extensively with the doctors, physical therapists, athletic trainers, and sport psychologists on injured athletes and their rehabilitation protocols
- Created the Jaguars' return to play field-based protocol and actively participated in the process
- Demonstrated effective leadership and encouraged team concepts while teaching players individually and in team settings to demonstrate sport specific skill techniques

Head Strength and Conditioning Coordinator

2005 - 2012

University of North Carolina | February 2011 – January 2012

University of Memphis | January 2010 – February 2011

Cleveland Browns | January 2007 – January 2010

Robert Morris University | August 2005 – December 2006

Administrative and Strength and Conditioning Duties: similar duties as above and

- Scheduled and coordinated seventeen intercollegiate teams
- Responsible for planning and designing the interior of the new \$3 million, 13,000 square foot weight room
- Worked within a \$350,000 budget purchasing new equipment
- Assisted in the recruitment of potential student-athletes for all intercollegiate sports
- Instituted a work program with local massage therapy schools

Assistant Strength and Conditioning Coach

2003-2004

Cleveland Browns | February 2004 – December 2004

Cleveland Browns | February 2003 – December 2003 | Part Time

- First strength staff in the National Football League to utilize advanced technology: Omega Wave and Accelerometers for velocity-based training application
- Responsible for monitoring the athletes' heart rate variability and making the necessary training adjustments

Volunteer Strength and Conditioning Coach

1996, 1998, 2000 - 2001

University of Pittsburgh | January - June 1998, 2000, 2001

University of North Florida | January – June 1996

- While playing professional football, volunteered in the off-season to prepare myself for my second career

ATHLETIC EXPERIENCE

Professional Athlete

1992 – 2001

National Football League | April 1992 – December 2001

- Drafted in the fourth round by the 1992 Dallas Cowboys (109th pick overall)
- Played most of my career with the Chicago Bears and the Pittsburgh Steelers

Collegiate Student-Athlete

1987 – 1992

University of Tennessee | July 1987 – May 1992

- Dual sport athlete - football and track & field, earning eight varsity letters
- A member of four SEC Championship teams (two in football, two in track & field) and a member of the 1991 NCAA Track & Field Champions (shot put/hammer)
- 1991 First Team, All-SEC Football and AP Honorable Mention All-American

EDUCATION

University of Pittsburgh, Pittsburgh, PA

Master of Science in Education (Exercise Physiology) | 2003

- Graduated with Highest Honors

University of Tennessee, Knoxville, TN

Bachelor of Science in Education (Kinesiology) | 1992

- 1988 and 1991 Academic All-SEC, and 1992 Honorable Mention Academic All - American

CERTIFICATIONS

- Certified by the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (#200424905) on October 2, 2004
- Certified by the NSCA as a Registered Strength and Conditioning Coach (RSCC) on January 18, 2011 (First RSCC in NFL)
- Re-certified as a BLS Provider by the American Heart Association in CPR & AED on July 16, 2021
- Certified as a Level 3 practitioner (#14609) in Reflexive Performance Reset (RPR) on November 5, 2021

SELECTED PUBLICATIONS

- Draovitch, P., Patel, S., Marrone, W., Grundstein, MJ., Siverling, S., Bedi, A., Kelly, B., Bradley, J., Williams, R., Grant, R., Virgile, A., and Myslinski, T. (2022). The return to sport clearance continuum is a novel approach toward return to sport and performance for the professional athlete. *Arthroscopy, Sports Medicine, and Rehabilitation*. 4(1) January: e93-e101
- Gabbett, WJ., Gabbett, TJ., Nassis, G., Oetter, E., Pretorius, J., Beard, A., Johnson, N., Medina, D., Rodas, G., Myslinski, T., Howells, D., and Ryan, A. (2017). The workload monitoring cycle: a practical guide to interpreting and applying training monitoring data. *British Journal of Sports Medicine*.
- Myslinski, T. (2014). Preseason training, National Football League style," In: Burgess, D., Optimizing preseason training in team sports. In: Joyce, D., Lewindon, D. (Ed). High Performance Training for Sports. Human Kinetics: Champaign, IL.
- Casa, D., Anderson, S., Baker, L., Bennett, S., Bergeron, M., Connolly, D., Courson, R., Drezner, J., Eicher, R., Epley, B., Fleck, S., Franks, S., Guskiewicz, K., Harmon, K., Hoffman, J., Holschen, J., Jost, J., Kinniburgh, A., Klossner, D., ... Thompson, C. (2012). The Inter-association task force for preventing sudden death in collegiate conditioning sessions: best practices recommendations – consensus statement. *Journal of Athletic Training*. 47(4):477-480.
- Ghigiarelli, J., Nagle, E., Goss, F., Robertson, R., Irrgang, J., and Myslinski, T. (2008). The effects of a 7-week heavy elastic band and weight chain program on upper body strength and upper body power in a sample of Division 1-AA football players. *Journal of Strength & Conditioning Research*.