

# Curriculum Vita

# Adam T. Ringler

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## WORK ADDRESS

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## EDUCATION

**2004 - 2008** Department of Kinesiology, Michigan State University  
B.S. in Exercise Science  
**2008 - 2010** Department of Kinesiology, Michigan State University  
M.S. in Exercise Science

## PROFESSIONAL EXPERIENCE

**2007 - 2008** Intern Strength and Conditioning Coach, Michigan State University  
**2008 - 2010** Graduate Assistant Strength and Conditioning Coach, Michigan State University  
**2010 - pres** Assistant Strength and Conditioning Coach, Wichita State University  
**2013 - pres** Director of High Performance, Wichita State University

## HONORS AND AWARDS

**2010** Michigan State Spartan Keyholder recognizing exemplary strength & conditioning leadership

## INVITED PRESENTATIONS

- 1. Ringler, A.** (2011). Developing Leadership Through Strength and Conditioning. Southwest Michigan Strength and Conditioning Clinic. Niles, Michigan, May
- 2. Ringler, A.** (2013). Building and Sustaining an Atmosphere of Team Captain Success. Heights High School In-Service. Wichita, Kansas, February
- 3. Ringler, A.** (2014). Preventing the Use of Performance Enhancement Drugs in Youth Athletics. Bishop Carroll High School Health In-Service. Wichita, Kansas, September
- 4. Brookreson, N; Ruggiero, H; Ringler, A; Evans, L; Specos, C; and Engel, H;** (2016). Technology Integration and Olympic Sports Panel. Collegiate Strength and Conditioning Coaches Association Conference. Fort Worth, Texas, May

## SERVICE

### Wichita State University Committee Duties

**2013 - pres** Founder of Student-Athlete High-Performance Advisory Committee

### Professional Organizations

Member, National Strength and Conditioning Association  
Member (and Approved Mentor), Collegiate Strength and Conditioning Association

## **MENTORING EXPERIENCE**

### **Internship Committees**

Sweere, J., Graduate Assistant, 2010, Wichita State University  
Fincham, J., Professional Intern, 2010, Wichita State University  
Fincham, J., Graduate Assistant, 2011, Wichita State University  
Abell, J., Professional Intern, 2011, Wichita State University  
Abell, J., Graduate Assistant, 2012, Wichita State University  
Mosley, P., Professional Intern, 2012, Wichita State University  
Lucero, W., Professional Intern, 2012, Wichita State University  
Hewson, S., Professional Intern, 2013, Fort Hays State University  
Hepford, R., Professional Intern, 2013, Wichita State University  
Fluter, C., Professional Intern, 2014, Wichita State University  
Blackburn, S., Professional Intern, 2014, Wichita State University  
Arens, B., Graduate Assistant, 2015, Wichita State University  
Stuart, S., Professional Intern, 2015, Lafayette College  
Kontaxis, T., Professional Intern, 2016, Northern State University  
Hallahan, S., Professional Intern, 2016, Kansas Wesleyan University  
Nelson, N., Professional Intern, 2016, Oklahoma Baptist University

## **INDUSTRY EXPERIENCE**

### **Program Design**

Conceptualized and executed all aspects of the high performance program for multiple collegiate teams.  
Facilitated the management and integration of medical services, sports education, physiological testing, strength and conditioning services, applied sport psychology, and performance nutrition with elite level athletics.  
Developed training programs around physiological analysis and performance benchmarks.  
Integrated high-speed cameras, force plates, and heart-rate monitoring into training environments.  
Coordinated on-the-road developmental training and recovery strategies for all high performance athletes and teams.  
Developed a cloud-based educational platform with video and training modules for current and future athletes.

### **Testing & Recovery**

Modernized performance analysis by creating a centralized database of key performance metrics for sport coaches.  
Assessed performance and injury risk-factors by administering physiological testing within athlete intake process.  
Partnered with campus Human Performance Laboratory to measure key performance and physiological metrics.  
Coordinated individual recovery sessions from OmegaWave HRV and daily readiness questionnaire data.

### **Administration & Management**

Communicated with coaches, athletes, administrators and key boosters to foster increased sport-science research.  
Oversaw the hiring, educational training, and performance assessment of all high performance coaches.  
Managed a five-figure annual budget affecting all 240 high performance athletes.

## **INSTRUMENTATION/EQUIPMENT SKILLS**

Catapult GPS  
OmegaWave HRV  
Zephyr Bioharness  
Instrumented Treadmills  
Dual-Energy X-ray Absorptiometry  
Dartfish