

Fernando R. Montes

WORK EXPERIENCE:

2007 to Present **Kaizen Training & Consulting Systems** –providing performance enhancement guidance, coaching and counseling, as well as, hands on work with individuals and various groups, locally, nationally and internationally. Lectures / seminars covering: Leadership & Management, Steroid Awareness, Player Development Systems, Law Enforcement Training (SWAT & HRT)

2005 – 2007 **Taylor Hooton Foundation**-Executive Director: Successfully supported the board of directors in the daily operation of the Taylor Hooton Foundation. Designed programs; organized events to include lectures, trade shows, summits and educational material dealing with the anti-steroid education. Implemented strategic and business planning, designed news letter, brochures and programs of instruction. Spoke nationally to educate, industry professionals, medical providers, coaching staff at all levels, students and parents.

2002 – 2005 **Texas Rangers Baseball Club**-Director of Conditioning: Provided guidance and supervision for the strength and conditioning program for the Texas Rangers organization, designed and implemented a year round physical development program to include all additional rehabilitation exercises, planned and executed the annual budget for the physical development of the minor and major league system, supported the medical staff in developing a comprehensive rehabilitation program, and assisted in its implementation.

1993 –2002 **Cleveland Indians Baseball Club**-Strength & Conditioning Coach: Provided guidance and supervision for the strength and conditioning program for the Cleveland Indians organization, designed and implemented a year round physical development program to include all additional rehabilitation exercises, planned and executed the annual budget for the physical development of the minor and major league system, supported the medical staff in developing a comprehensive rehabilitation program, and assisted in its implementation.

1990 -1993 **Stanford University**-Strength & Conditioning Coach: Supported the program design by the head football coach as it pertained to the physical development of collegiate age athletes, to support in their physical development and helped design and implement traditional and non-traditional rehabilitation programs.

6 months **Physical Therapy Services Med Group** – Assisted in the daily operations of a physical therapy department, to include the design and implementation of programs in support and under the supervision of the assigned physical therapist.

1985 –1990 **California State University, Los Angeles** Department of Physical Education & Leisure Studies: Part Time Faculty: In support of the department chairman, lectured in the following two areas: 1) basic Athletic Training, 2) Advance Athletic Training. Both courses were required for students seeking a degree in physical education.

1988 – 1990 **USC School of Medicine, Orthopedic Division Sports Medicine Clinic, Consultant:** provided insight and guidance to the sports medicine department in support of their outreach program designed for the local community high school; programs

1985 – 1990 **Pasadena City College, Pasadena CA:** Operated and supported both men and women sports as an athletic trainer. Provided general athletic training care as is customary in collegiate sports, to include the design of athletic rehabilitation program as directed by the medical director.

1985 – Tour **USA National Woman's Field Hockey Team:** Athletic Trainer / Conditioning Coach: Supported the team as an assistant in charge of physical development and athletic training.

1985 – Tour **USA National Men's Field Hockey Team:** Athletic Trainer / Conditioning Coach: Supported the team as an assistant in charge of physical development and athletic training.

1984 –Games **Los Angeles Olympic Committee 23rd Olympiad**, Los Angeles: Head Athletic Trainer / Field Hockey Venue: Responsible for the daily operations of the athletic training center for the field hockey venue. This included the recruitment and staffing of the center, ordering supplies and equipment. Supervised the support of other teams as they used the facility.

On going Supported the instruction of Law Enforcement agencies in the area of physical development, training programs and include design of: for basic SWAT School, General SWAT physical development and the NOTS program for physical development of potential operators for the FBI's Hostage Rescue Team.

PRESENTATIONS & LECTURES:

2007	NSCA Steroid Summit: Baltimore, MD	Taylor's Story – A Dangerous Experiment
2007	Performance Enhancing Drug & Nutritional Summit Jackson, Mississippi	Taylor's Story – A Dangerous Experiment
2006	NSCA Steroid Summit: Colorado Springs, CO	Dangers of Steroids
2006	Stony Brooke Medical School Stony Brook University,	Grand Rounds – Dangers of Steroids
2005	SAQ Symposium, Tokyo Japan:	Training Professional Pitchers
2001	NSCA – Sports Specific Conference	Periodization / Program Design
2000	SAQ Symposium, Tokyo Japan	Program Design
1997	24 TH Annual Injuries in Baseball	Periodization / Baseball Conditioning
1994 – 96	NISAQ Clinic, Tokyo Japan	Speed, Agility and Quickness
1995	Professional Baseball Athletic Trainers Conference	Strength & Conditioning in Baseball
1992	Texas A & I University	Conditioning & Speed Development
1992	Mexico, Football Coaches Clinic	Player Development
1992	NFL Physicians Society – Clinic	Strength & Conditioning
1990	Southern California Strength & Rehab Clinic	Trainers "Tips"
1989	California State University, Los Angeles,	Injury Prevention / Youth Sports
1988	Football Injury Clinic Kerlan & Jobe's Clinic	Prevention through Conditioning
1985	US Field Hockey Super Clinic	Conditioning Concepts

EDUCATION:

California State University at Los Angeles, BA in Physical Education

TRAINING:

Annual National Strength and Conditioning Association meetings and lectures – Presented by NSCA

Professional Baseball Medicine Annual Meetings- Presented by PBATS

Injuries in Baseball – Presented by Dr. James Andrew

United States Weight Lifting Federation

Professional Baseball Strength and Conditioning Society

PCI Program – Presented by the NSCA & NCAA

OTHER INFORMATION:

Publications:

Postolache, T, Hung, T, Rosenthal, R, Soriano, J, Montes, F, Stiller, W (2005).

Sports Chronobiology Consultation: From the Lab to the Arena. Clinics in Sports Medicine, 24(2), 415- 456.

Foran, B 2001; High-Performance Sports Conditioning; pp. 217-221, 264-289

Advisory Board:

The Haworth Press Inc

Langue Skills:

Fluent in Spanish

Member Associations:

Professional Baseball Strength & Conditioning Society Member

The National Strength and Conditioning Association Member

The Professional Baseball Strength and Conditioning Society Founder