

# Ohio State's Quadrian Banks Named Master Strength And Conditioning Coach



Quadrian Banks - Ohio State's assistant director of strength and conditioning - was named Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Coaches association (CSCCa).

According to the association, "this honor is the highest given in the strength and conditioning coaching profession, and the ceremony is the highlight of the association's National Conference each year."

Banks will receive his blue MSCC Jacket at the 2021 CSCCa National Conference from Master Strength and Conditioning Coach Jeff Madden on May 6, 2021, in Fort Worth, Texas. The 2020 conference was canceled due to the COVID-19 pandemic.

"This is an incredible honor for Quadrian," CSCCa Executive Director Dr. Chuck Stiggins said in the release. "Being named a Master Strength and Conditioning Coach signifies a commitment to the student-athlete, the Ohio State University Athletic Program, and the strength and conditioning profession. We are honored to have Coach Banks as a member of our association and to have him join the ranks of the Master Strength and Conditioning Coaches. He is truly a model of an outstanding strength and conditioning professional."

Banks became a Buckeye in 2017 after his former colleague Chris Holtmann was hired as Ohio State's head men's basketball coach, taking over strength and conditioning training for the basketball program.

Before coming to Columbus, Banks worked on performance, strength and conditioning staffs in the NFL and at other colleges before that. He handled performance and conditioning with the Indianapolis Colts from 2016-17 after serving as the assistant strength and conditioning coach for the Philadelphia Eagles from 2012-2016.

Holtmann and Banks worked together when Banks was the director of athletic performance for two seasons at Gardner-Webb from 2011-13. Prior to that, Banks served as the assistant strength and conditioning coach at the University of Mississippi from 2008-10, and the University of Richmond from 2007-08.

To be qualified for the award, a coach must have a minimum of a bachelor's degree, be a currently practicing, full-time strength and conditioning coach for a college or professional team, hold current membership in the CSCCa and be in good standing, hold the CSCCa Certification - SCCC (Strength & Conditioning Coach Certified) and have a minimum of 12 years experience as a full-time strength and conditioning coach at collegiate and/or professional team.

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