

CURRICULUM VITAE

Silvio Polly da Costa Valladão, MS, CSCS

Department of Health, Exercise Science and Recreation Management
University of Mississippi
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University, MS 38677, USA
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EDUCATION

University of Mississippi (Anticipated) 2024
Ph.D. in Health and Kinesiology with Emphasis in Exercise Science
Graduate Minor in Applied Statistics

University of Mississippi 2020
M.S. in Exercise Science
Thesis: Establishing a Duration Standard for the Calculation of Session Rating of Perceived Exertion During Matches in NCAA Division I Women's Soccer.

Georgia SouthWestern State University 2018
B.S. in Exercise Science and Wellness
[Honors, Summa Cum Laude]

Languages: Portuguese, native speaker; English, advanced level; Spanish, conversational level

RESEARCH POSITIONS HELD

Keywords/Research Interests: Sports, Performance, Asymmetries, Monitoring Training Loads, Esports

Graduate Teaching/ Research Assistant, University of Mississippi 2018 – Present
Department of Health, Exercise Science and Recreation Management
Advisor/Mentor: Dr. Thomas Andre

- Affiliated Researcher in the Center for Health and Sports Performance
- Develop and teach exercise science courses
- Research Assistant in the Exercise, Nutrition, & Performance Laboratory
- Write IRB applications, research manuscripts, grant proposals, etc.
- Collect, analyze, and interpret data
- Present and publish research

Undergraduate Research Assistant, Georgia SouthWestern State University 2017 – 2018
School of Health Sciences
Advisor/Mentor: Dr. Benjamin Meador and Dr. Catalina Casaru

- Write IRB applications and research manuscripts
- Collect, analyze, and interpret data
- Present and publish research

PUBLICATIONS

PEER-REVIEWED JOURNAL ARTICLES

9. Couey, C., Nelson, H., **Valladão, S.**, Phillips, J., Armstrong, K., Andre, T. (Manuscript in Review). The Impact of a Lower Body Positive Pressure Treadmill on Exercise Regulation.
8. Phillips, J., Dusseault, M., **Valladão, S.**, Nelson, H., & Andre, T. (2023). Test Transferability of 3D-MOT Training on Soccer Specific Parameters. *Research Directs in Strength and Performance*, 3(1).
7. **Valladão, S.**, Phillips, J., Logan, A., & Andre, T. (2023). Relationships Between Pre-Match Training Load Variables and Matchday Countermovement Jump Height in NCAA DI Women's Soccer. *Research Directs in Strength and Performance*, 3(1).
6. **Valladão, S. P.**, Loenneke, J., Ye, X., Franks, C., & Andre, T. (2022). Minutes Played Should be Used for the Calculation of Session Rating of Perceived Exertion During Matches in NCAA Division I Women's Soccer. *Research Directs in Strength and Performance*, 2(1).
5. Nelson, H., **Valladão, S.**, Schwarz, N., Valliant, M., & Andre, T. (2021). Effect of Pre-sleep Casein and Tryptophan Supplementation on Energy Expenditure Before, During, and After Exercise in Active Females. *Journal of Exercise and Nutrition*, 4(1):1.
4. Rhoden, G., Nelson, H., **Valladão, S.**, & Andre, T. (2021). Blood Glucose Levels in Response to 1 Hour Of Esports Training: A Pilot Study. *International Journal of Esports*, 1(1).
3. **Valladão, S.**, Middleton, J., & Andre, T. (2020). Esport: Fortnite Acutely Increases Heart Rate of Young Men. *International Journal of Exercise Science*, 13(6), 1217.
2. Andre, T., Walsh, S., **Valladão, S.**, & Cox, D. (2020). Physiological and Perceptual Response to a Live Collegiate Esports Tournament. *International Journal of Exercise Science*, 13(6), 1418-1429.
1. Andre, T., **Valladão, S.**, Walsh, S., & Reisbeck, D. (2019). Breathing Limited Air Situational Training Masks (BlastMask) Versus Self-Contained Breathing Apparatus (SCBA) for Firefighters: A Pilot Study. *International Journal of Exercise Science*, 12(6), 941-949.

PEER-REVIEWED MANUSCRIPTS (IN PREPARATION/PROGRESS)

11. **Valladão, S.**, Bentley, J., & Andre, T. (in preparation). Comparison of Match Workload Performance on Single-Match Weeks and Double-Match Weeks in NCAA Division I Women's Soccer.
10. **Valladão, S.**, Phillips, J., & Andre, T. (in preparation). Pre-Match Countermovement Jump Height Correlates Positively with Match Mechanical Load in NCAA Division I Women's Soccer.
9. **Valladão, S.**, Mendsen, D., Casaru, C., & Meador, B. (in preparation). Effects of Cool-Down Protocol Upon Exit From the First-Half on Second-Half Performance in NCAA D-II Soccer Players.
8. **Valladão, S.**, Kang, M., & Andre, T. (in progress). Measurement Considerations of Esports Performance Measures Using Aim Hero.

7. Andre, T., **Valladão, S.**, & Nelson, H. (in preparation). Impact of Eadvantage Esport Supplement on Esport Performance and Heart Rate.
6. Andre, T., **Valladão, S.**, Hill, C., & Nelson, H. (in preparation). Impact of Halosport on Esport Performance.
5. Nelson, H., **Valladão, S.**, & Andre, T. (in preparation). Impact of Wearing Gunnar Optiks Gaming Glasses on Esports Performance.
4. Andre, T., **Valladão, S.**, Nelson, H., Phillips, J., Armstrong, K., & Janatova, T. (in preparation) Validity of the Perch Fitness 3D Camera System to Measure Barbell Mean Velocity and Peak Velocity During Deadlift and Hang-Clean in Resistance-Trained Females.
3. Phillips, J., **Valladão, S.**, & Andre, T. (in progress). Determinants of NCAA Division I Cross-Country Running Performance.
2. Phillips, J., **Valladão, S.**, & Andre, T. (in progress). Determinants of NCAA Division I Softball Performance and Load Monitoring in Pitchers.
1. Phillips, J., **Valladão, S.**, & Andre, T. (in progress). Determinants of NCAA Division I Volleyball Shoulder Asymmetry and Fatigue Across Off-Season Training.

PROFESSIONAL EXPERIENCE

- Data Analyst, University of Mississippi 2019 – 2023
 Ole Miss Women's Soccer
- Quantify and monitor daily training load via sRPE-TL, GPS metrics, and heart rate metrics
 - Collect assessments of countermovement jump and sRPE-TL
 - Work in combination with coaching staff and strength & conditioning staff to quantify and monitor training load in order to adjust periodization accordingly
- Sports Scientist, University of Mississippi 2021 – Present
 Ole Miss Athletics Strength & Conditioning
- Quantify and monitor neuromuscular status and performance weekly utilizing force platforms
 - Collect, analyze, and interpret data
- Head Strength & Conditioning Coach, Nona Football Club 2022
 Nona Football Club Men's Soccer
- Program team's periodization for the competitive season
 - Plan and coordinate soccer specific warm-ups and drills
 - Devise and lead resistance training sessions
 - Quantify and monitor daily training load via sRPE-TL and accelerometer-derived metrics
 - Work in combination with technical coaching staff to quantify and monitor training load in order to adjust periodization accordingly
- Athletic Training and Strength & Conditioning Intern, Georgia SouthWestern State University 2018
 Georgia SouthWestern Athletics
- Educate athletes about proper form when performing exercises
 - Assist Head Strength & Conditioning Coach with fitness assessments
 - Run fitness tests and conditioning sessions
 - Assist Head Athletic Trainer with athlete rehabilitation and recovery treatments

EXTERNAL FUNDING (Total Requested: \$94,531; Total Awarded: \$0)

8. *Comparison of Interlimb Asymmetries Measured by Unilateral And Bilateral Countermovement Jump Tests in the Evaluation of the Acute Effects of Match-Play on Interlimb Asymmetries in Collegiate NCAA DI Women's Soccer (2023)*
 - *Directed Research Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Principal Investigator*
 - *Requested (Not Funded): \$14,167*
7. *The Effects of Four Weeks of Unilateral Compared to Bilateral Back-Squat Velocity-Based Training on Strength, Power, and Change of Direction of Resistance-Trained Females (2023)*
 - *Doctoral Student Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Principal Investigator*
 - *Requested (Not Funded): \$14,739*
6. *The Effects of Four Weeks of Velocity-Based Training Compared to IRM-Percentage-Based Training on Strength and Power of Resistance-Trained Females (2022)*
 - *Directed Research Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Principal Investigator*
 - *Requested (Not Funded): \$14,666*
5. *The Effects of Four Weeks of Velocity-Based Training Compared to IRM-Percentage-Based Training on Strength and Power of Resistance-Trained Females (2022)*
 - *Doctoral Student Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Principal Investigator*
 - *Requested (Not Funded): \$14,666*
4. *Effects of Low-Impact Treadmills on Time-Trial Running Performance, Economy and Kinetics, Physiological and Perceptual Markers, and Perceived Enjoyment (2021)*
 - *Doctoral Student Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Principal Investigator*
 - *Requested (Not Funded): \$11,180*
3. *The Effect of Whole-Body Aerobic Resistance Training 'Exercise Snacks' on Health and Fitness in Sedentary Females (2021)*
 - *Doctoral Student Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Co-Investigator*
 - *Requested (Not Funded): \$8,563*
2. *Impact of Stryd Footpod on 5k Pacing Strategy (2019)*
 - *Master's Student Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Principal Investigator*
 - *Requested (Not Funded): \$5,750*
1. *Impact of Aerobic Exercise on Esports (2019)*
 - *Young Investigator Grant, National Strength and Conditioning Association (NSCA)*
 - *Role: Co-Investigator*
 - *Requested (Not Funded): \$10,800*

INTERNAL FUNDING (Total Requested: \$17,000; Total Awarded: \$17,000)

5. *Lumen Circles Faculty Learning Community (2021)*
 - *The University of Mississippi's Academic Innovation Projects*
 - *Role: Participant*
 - **Funded: \$2,000**

4. *The Use of Heart Rate Monitoring for Determination of Adherence to High-Intensity, Low-Volume Exercise in Sedentary Female College Students (2021)*
 - *The University of Mississippi's Graduate Student Council*
 - *Role: Co-Investigator*
 - **Funded: \$1,000**

5. *Course Redesign for Introduction to Exercise Science (ES 100) (2021)*
 - *The University of Mississippi's FACT Institute Grant*
 - *Role: Instructor*
 - **Funded: \$12,000**

2. *Course Redesign for Introduction to Exercise Science (ES 100) (2020)*
 - *The University of Mississippi's CTR Grant*
 - *Role: Instructor*
 - **Funded: \$1,000**

1. *Impact of Wearing the Cosmed K4b2 on 5k Running Economy and Performance (2019)*
 - *The University of Mississippi's Graduate Student Council*
 - *Role: Principal Investigator*
 - **Funded: \$1,000**

EQUIPMENT IN-KIND (Total Requested: \$16,700; Total Awarded: \$16,700)

6. *Validity of The Perch Fitness 3D Camera System to Measure Barbell Mean Velocity and Peak Velocity During Deadlift and Hang-Clean in Resistance-Trained Females (2021)*
 - a. *Product Donation – Perch Fitness*
 - b. *Role: Co-Investigator*
 - c. **Funded: \$6,000**

5. *NeuroTracker: Visual Tracking Speed in College Soccer (2021)*
 - a. *Team Software License Donation – NeuroTracker*
 - b. *Role: Co-Investigator*
 - c. **Funded: \$5,000**

4. *Gunnar Optiks Gaming Glasses for Esports (2020)*
 - *Product Donation – Gunnar Optiks*
 - *Role: Co-Investigator*
 - **Funded: \$4,000**

3. *Impact of HaloSport on Esports Performance (2019)*
 - *Product Donation – Halo Neuroscience*
 - *Role: Co-Investigator*
 - **Funded: \$1,500**

2. *Impact of Eadvantage Supplement on Esport Performance (2018)*
 - *Product Donation – eAthlete Labs*
 - *Role: Co-Investigator*
 - *Funded: \$100*
1. *Impact of Casein Protein Containing Tryptophan on Sleep, Hrv, and Energy Expenditure in Females (2018)*
 - *Product Donation – SDC Nutrition*
 - *Role: Co-Investigator*
 - *Funded: \$100*

PRESENTATIONS

20. **Valladão, S.**, Phillips, J., & Andre, T. (February, 2023). Pre-Match Countermovement Jump Height Correlates Positively With Match Mechanical Load in NCAA Division I Women's Soccer. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation.
19. Nelson, H., Phillips, J., **Valladão, S.**, Milenkovic, A., & Andre, T. (November, 2022). Investigating the Impact of Glucose Levels and a Brief Exercise Bout on Esports Performance and Fatigue. Esports Research Network Conference, Jönköping, Sweden, Oral Presentation.
18. Andre, T., Nelson, H., **Valladão, S.**, Phillips, J., & Milenkovic, A. (November, 2022). Use of Blue Light Filtering Glasses During Gaming on Fatigue. Esports Research Network Conference, Jönköping, Sweden, Oral Presentation.
17. **Valladão, S.**, Phillips, J., & Andre, T. (October, 2021; February & June, 2022). Utilizing Countermovement Jumps as a Measure of Preparedness in NCAA Division I Women's Soccer. R&R Conference, University of North Alabama, Florence, AL, USA, Oral Presentation; Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Oral Presentation; & American College of Sports Medicine Conference, San Diego, CA, USA, Poster Presentation.
16. Phillips, J., Dusseault, M., **Valladão, S.**, Nelson, H., Faubert, J., & Andre, T. (June, 2022). Investigating the Effects of 3-Demensional Motion Object Tracking (3D-MOT) training on In-Game College Soccer Performance. American College of Sports Medicine Conference, San Diego, CA, USA, Poster Presentation.
15. **Valladão, S.**, Nelson, H., Hill, C., & Andre, T. (June, 2021). Impact of tDCS on Esports Performance. American College of Sports Medicine National Conference, Digital Poster & Voice [COVID-19].
14. Andre, T., **Valladão, S.**, & Nelson, H. (February, 2021). Health and Wellness in Esports. Mississippi Association for Health, Physical Education, Recreation and Dance (MAPHERD), Recorded Video Presentation, Virtual Convention.
13. Rhoden, G., **Valladão, S.**, Nelson, H., & Andre, T. (October, 2020). Impact of Esports on Blood Glucose Levels. University of California-Irvine Esports Conference, Digital Poster & Voice [COVID-19].
12. Nelson, H., **Valladão, S.**, Sanders, R., Harnish, R., Milenkovic, & A., Andre, T. (May, 2020). Effects of Esport Specific Supplementation on Esport Performance and Physiological Measurements. American College of Sports Medicine National Conference, San Francisco, CA, USA, Digital Poster [COVID-19].

11. **Valladão, S.**, Andre, T., Sanders, R., Nelson, H., Schwarz, N., Valliant, M., & Hogg, J. (May, 2020). Impact of Casein Protein Containing L-Tryptophan and Melatonin on Sleep Quality and Energy Expenditure. American College of Sports Medicine National Conference, San Francisco, CA, USA, Digital Poster [COVID-19].
10. Sanders, R., Morgan, G., **Valladão, S.**, Andre, T., & Stamatis, A. (May, 2020). Mental Toughness, Self-compassion, And Mental Health in Esports: A Mediation Analysis. American College of Sports Medicine National Conference, San Francisco, CA, USA, Digital Poster [COVID-19].
9. **Valladão, S.** & Rhoden, G. (August, 2019). Physiological Responses to Esports. The University of Mississippi's Tech Summit, Oxford, MS, USA, Oral Presentation.
8. **Valladão, S.**, Andre, T., & Cox, D. (May, 2019). Heart Rate Response During a Collegiate Esports Tournament. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
7. Rhoden, G., **Valladão, S.**, Andre, T., & Cox, D. (May, 2019). Observation of Heart Rate Variability Response to Collegiate Esports Tournament. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
6. Cox, D., Andre, T., **Valladão, S.**, & Middleton, J. (May, 2019). Heart Rate Response During Esport: Fortnite. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
5. Stamatis, A., Andre, T., Padgett, R., & **Valladão, S.** (May, 2019). Mental Toughness as a Moderator of the Physical Exercise – eSports Performance Relationship: A Pilot Study. American College of Sports Medicine National Conference, Orlando, FL, USA, Poster Presentation.
4. **Valladão, S.**, Andre, T., Walsh, S., & Reisbeck, D. (February & March, 2019). Validation of Blastmask Firefighter Training Mask during Steady State Exercise in Firefighters. Blastmask Inc. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation & The University of Mississippi's Graduate Student Council Annual Research Symposium, Oxford, MS, USA, Poster Presentation.
3. Cox, D., Andre, T., **Valladão, S.**, & Middleton, J. (February, 2019). Heart Rate Response During Esport: Fortnite. Southeast American College of Sports Medicine Conference, Greenville, SC, USA, Poster Presentation.
2. **Valladão, S.**, Mendsen, D., Casaru, C., & Meador, B. (February, 2018). Effects of cool-down protocol upon exit from the first-half on second-half performance in NCAA D-II soccer players. Southeast American College of Sports Medicine Conference, Chattanooga, TN, USA, Poster Presentation & GSW Annual Research Symposium, Americus, GA, USA, Poster Presentation.
1. **Valladão, S.** (February, 2018). Health and Exercise Considerations for Future Teachers/Educators. Future Educators of America Conference, Americus, GA, USA, Oral Presentation.

TEACHING EXPERIENCE

Keywords/Teaching Interests: Exercise Physiology, Statistics, Research Methods, Sports Science, Strength and Conditioning, Exercise Testing and Prescription.

3. Graduate Teaching/ Research Assistant, University of Mississippi 2018 – Present
Department of Health, Exercise Science and Recreation Management

- Create course syllabus; independently develop and teach lectures; develop, administer, and grade quizzes and exams; facilitate class discussions; create course content using technology including recorded lightboard lectures and interviews

Courses:

- **ES 100 - Introduction to Exercise Science - *Student Evaluation Average Rating: 4.38***
 - Fall 2020: 2 classes (On-campus & Online)
 - Winter Intersession 2021: 1 class (Online)
 - Spring 2021: 2 classes (On-campus & Online)
 - Fall 2021: 2 classes (On-campus & Online)
 - Winter Intersession 2022: 1 class (Online)
 - Spring 2022: 1 class (Online)
- **HP 203 - First Aid and CPR - *Student Evaluation Average Rating: 4.19***
 - Summer 2019: 1 class (On-campus)
 - Summer 2020: 2 classes (Online)
 - Fall 2020: 1 class (Online)
 - Spring 2021: 1 class (Online)
 - Fall 2021: 1 class (Online)
 - Spring 2022: 1 class (Online)
 - Summer 2022: 1 class (Online)
- **ES 347 - Structural Kinesiology Labs - *Student Evaluation Average Rating: 4.41***
 - Spring 2020: 3 classes (On-campus)
 - Spring 2022: 1 class (On-campus)
 - Fall 2022: 2 classes (On-campus)
 - Spring 2023: 2 classes (On-campus)
 - Fall 2023: 1 class (On-campus)
- **ES 349 – Physiology of Exercise Labs - *Student Evaluation Average Rating: --***
 - Fall 2023: 1 class (On-campus)
- **ES 350 – Research Methods in HESRM - *Student Evaluation Average Rating: 4.06***
 - Fall 2022: 1 class (On-campus)
 - Spring 2023: 1 class (On-campus)
 - Summer 2023: 1 class (Online)
- **ES 440 - Behavioral Aspects of Exercise - *Student Evaluation Average Rating: 5.0***
 - Summer 2021: 1 class (Online)

- **ES 457 - Exercise Testing & Prescription Labs - *Student Evaluation Average Rating: 3.90***
 - Fall 2018: 3 classes (On-campus)
 - Spring 2019: 4 classes (On-campus)
 - Fall 2019: 2 classes (On-campus)
- **Activity Courses - *Student Evaluation Average Rating: 4.68***
 - EL 124 – Racquetball - 1 class, Spring 2020
 - EL 147 - Tennis - 2 classes, Fall 2019; 1 class, Spring 2020
 - EL 151 - Weight Lifting - 1 class, Spring 2019; 1 class, Spring 2022
 - EL 153 - Sports Conditioning - 1 class, Spring 2019
 - EL 156 - Jogging - 2 classes, Fall 2018
 - EL 129 - Body Contouring - 1 class, Fall 2018; 1 class, Fall 2022

2. Volunteer Laboratory Instructor, Georgia SouthWestern State University 2018
 School of Health Sciences
 Course: Exercise Testing & Prescription - 1 class, May 2019
- Organized, planned, and taught laboratory activities for Exercise Testing and Prescription
1. Supplemental Instructor, Georgia SouthWestern State University 2017
 Academic Resource Center
 Course: Anatomy & Physiology II and American Government - 2 classes, Fall 2017
- Organized, planned, and taught supplemental classes for Anatomy & Physiology II and American Government

PROFESSIONAL CERTIFICATIONS

2023 – Present	Limited X-Ray Machine Operator
2023 – Present	Hologic Clinical Applications Training
2021 – Present	Certified Strength and Conditioning Specialist (CSCS)
2018 – Present	First Aid/CPR/AED Certified Instructor, American Red Cross
2018 – Present	Radioactive Devices Safety Training
2017 – Present	CITI Training “Human Subjects Research”

PROFESSIONAL AFFILIATIONS/MEMBERSHIPS

American College of Sports Medicine
 Southeast American College of Sports Medicine
 National Strength and Conditioning Association
 American Red Cross Instructor
 Esports Research Network Association

PROFESSIONAL DEVELOPMENT & SERVICE

Departmental, School or College

2019 – Present	Graduate Assistant Exercise Science Program Representative: Graduate Fair at SEACSM
2023	Guest Lecture: EDRS 701 – Educational Statistics II
2022	Guest Lecture: ES 611 – Exercise Physiology I
2022	Guest Lecture: NHM 532 – Nutrition Education and Counseling

2022	Exercise Science Program Representative: Mississippi Day
2021 – 2022	Institutional Resource Center of School of Applied Sciences
2021 – 2022	Committee Member for the HESRM Graduate Professional Development Group
2020 – 2021	Campus Residence Life: Walking League Presentations
2018 – 2021	Graduate Student Exercise Science Program Representative: Ole Miss Junior Preview Day and Admitted Student Day
2019	Special project: Cardiovascular fitness assessment (VO2 max) for Ole Miss Women's Soccer team
2019	Search Committee Member for the Program Manager of the Office of Research and Sponsored Programs
2019	Graduate Assistant Exercise Science Program Representative: Graduate Fair at National ACSM
2017 – 2018	Senator at the Georgia SouthWestern State University's Student Government Association
2017 – 2018	President of the GSW Exercise Science and Wellness Club
2016 – 2018	GSW Health Fair
2016 – 2018	GSW Office of International Programs
2016 – 2017	Vice-President of the GSW Exercise Science and Wellness Club

Community Service

2021	Oral Presentation – Nutritional Recommendations for High-School Soccer Players at Lafayette High-School
2019	Consulting Service Grant – Oxford High-School Women's Soccer
2018	Furlow Charter Middle School Soccer Team
2017 – 2018	First Responder Hurricane Relief
2016 – 2018	Magnolia Manor Senior Living
2017 – 2018	First Responder Hurricane Relief
2016 – 2018	GSW 110 Minutes of Service
2014 – 2018	GSW Men's Soccer Community Service
2014 – 2018	Sumter County Special Olympics
2017	Senior Citizens Center of Americus, Georgia

Service to Academic Discipline

2023 – Present	Reviewer – PeerJ Life & Environment
2023 – Present	Reviewer – Current Psychology
2018 – Present	Reviewer – International Journal of Exercise Science (IJES)
2021	Session Moderator – Esports Research Network Conference

HONORS AND AWARDS

2021 – 2022	Mark Loftin Outstanding Doctoral Award in The School of Applied Sciences
2019 – 2020	Master's Student of the Year at the University of Mississippi, American Kinesiology Association
2018 – 2020	Ryan Malone Scholarship Recipient
2017 – 2018	Richard Litwhiler Award for Exercise Science and Wellness
2015 – 2018	GSW Honors Program
2014 – 2018	GSW President's List
2014 – 2018	GSW Dean's List

2014 – 2018

GSW Intercollegiate Men's Soccer Team

Peach Belt Conference Scholar-Athlete of the Year, 2017-18

GSW Male Scholar-Athlete of the Year, 2017-18

Roy Lee Smith Award, 2017-18

GSW Men's Soccer Scholar-Athlete of the Year, 2017-18

Team Captain, 2017-18

Peach Belt Conference All-Academic Honors, 2014-18

Presidential Honor Roll Gold Scholar, 2015-18

GSW All-time most career points, 2014-2018

GSW All-time most career goals, 2014-2018

GSW All-time most career assists, 2014-2018

Scholarship Recipient, 2014-2018

First Team All-Conference, 2016

Second Team All-Conference, 2017

REFERENCES

Dr. Thomas L. Andre
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The University of Mississippi
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Dr. John P. Bentley
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Dr. Jeremy P. Loenneke
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