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Greetings from the Iron Bear Club

The Iron Bear Club (IBC) was formed with the intent to help make the Baylor Department of Athletic Performance the premier program of its kind in the country. This quarterly newsletter along with the other products and events produced by the IBC will help keep you, the members, abreast on the cutting edge physical training programs that drive the success of Baylor Athletics. Through the Iron Bear Club you will

gain unprecedented insight into the world of Baylor Athletes as they prepare for competition.

For more information please visit our website:
<http://www.baylor.edu/athleticperformance>

Baylor Strength and Conditioning: A New Beginning

The renaissance of Baylor's Department of Athletic Performance began in December of 2007 with the hiring of Head Football Coach Art Briles. One of the first orders of business for Coach Briles was the hiring of Assistant AD for Athletic Performance, Kaz Kazadi, to be his strength coach. Since that time, the Athletic Performance Department has grown by leaps and bounds with the hiring of additional staff and the opening of the state of the art Simpson Athletic Center weight room. In this, the first Iron Bear Club Newsletter, you will be introduced to the Athletic Performance staff and the Simpson Athletic Center weight room.

Housed within the Simpson Athletic Center weight room are a number of items that separate Baylor Athletic Performance from other strength and conditioning departments across the country. In addition to the 24 multi-purpose racks, 135 pairs of urethane coated dumbbells, and 20 cardiovascular machines, specialized equipment such as the DXA Scanner (measures bone density and body composition) and the Omega Wave (provides a snapshot of the functionality of the various systems that control the body) provide the staff with information pertaining to the athletes other programs cannot collect. The Baylor Department of Athletic Performance prides itself on its dedication to good old fashioned hard work coupled with a relentless pur-



Simpson Athletic Center located within the Highers Athletic Complex

suit of new ideas and technology that will keep us on the cutting edge of athletic performance.

It is our sincere desire that through the Iron Bear Club you will gain greater insight into what it takes to perform as an elite level collegiate athlete in today's world, while providing you with an opportunity to contribute to Baylor Athletics in a way that directly impacts the athletes. We hope that you enjoy getting to know us in the pages that follow and we look forward to providing additional information and updates in the future!

Simpson Athletic Center Weight Room and Staff



Glute-Ham and reverse hyper machines used to strengthen primarily the lower back, hips, and hamstrings



Plyometric boxes and warm up area



Dumbbell Racks



Power Lift platforms and racks



Nutrition Station



DXA Machine used for bone density and body composition scans



Kaz Kazadi

Assistant AD of Athletic Performance: Muadianvita “Kaz” Kazadi

Kaz Kazadi joined the Baylor staff in December 2007. In the 16 months Kazadi has directed the Baylor strength program, it has grown tremendously. In that time four new staff members have been hired and the Simpson Athletic Center has been outfitted as a premier facility in the country.

Kazadi brings to Baylor a no nonsense approach to athletic performance that is focused on the development of the entire individual. Encouraging student athletes to be mentally tough, emotionally stable, and disciplined in all aspects of their life is every bit as important to Kazadi’s program as getting them physically strong or fast.

Prior to his arrival at Baylor, Kazadi was the

Assistant Director at the University of South Florida. He also spent two seasons as the assistant strength coach for the Kansas City Chiefs after a short stint at the University of Missouri.

Kazadi graduated from the University of Tulsa and went on to play football professionally after being drafted in the 6th round by the St. Louis Rams. Upon completion of his professional football career, he headed to the University of Missouri to receive his Master’s Degree. He holds certifications from the Collegiate Strength and Conditioning Coaches Association and USA Weightlifting. Kazadi and his wife Monique have three children, Ra-sun, Isis, and Rohon.



Anne Tamporello

Anne Tamporello: Director of Olympic Sports

Anne Tamporello joined the Baylor Department of Athletic Performance as Director of Olympic Sports in January of 2009.

Before her arrival she served at a comparable capacity at Duke University where she oversaw all aspects of the training of 21 Olympic sports programs, working directly with men’s and women’s lacrosse and soccer, as well as women’s volleyball and field hockey. During her time at Duke, she made drastic changes to the way Olympic sports were trained, consistently achieving Top 10 NCAA rankings.

Prior to her work at Duke, she served as an

Assistant Director of Strength and Conditioning at Texas A&M. There she worked primarily with the women’s tennis, football, softball, and track and field.

Tamporello, a Texas native, is a 2001 graduate of Texas A&M University where she was a four year letter winner and captain on the soccer team. She holds certifications from the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association. Tamporello currently resides in Waco.



Chris Ruf

Chris Ruf: Director of Football

Coming to Baylor from the University of South Florida where he served as an Assistant Strength Coach is Chris Ruf. At Baylor, Ruf works closely with the football team along with overseeing the development of the track & field/cross country program and organizing the Baylor Athletic Performance Clinic.

While at USF, Ruf also worked at Rich Lansky’s OPTI as a strength coach and assisted with Team Florida Gulf Coast Weightlifting. Prior to USF, Ruf spent eight seasons at Iowa State University as an Assistant Strength Coach with their football program. During that time,

ISU went to five bowl games and won the first two bowl games in school history.

Ruf received his Bachelors degree in health and physical education with an athletic training minor from Luther College where he played football. He received his Master’s in exercise science from Iowa State in 2003. Ruf is certified by the National Strength and Conditioning Association, the Collegiate Strength and Conditioning Coaches Association, and USA Weightlifting. Ruf and his wife Megan have a daughter, Madison.



Charlie Melton

Charlie Melton: Director of Men's Basketball

Charlie Melton a graduate of the University of Memphis, began working for Baylor Men's Basketball in 2005.

Melton was formerly a full-time Strength Coach at Florida State University, from 2001-2005. He completed his masters degree in Exercise and Sport Science at the University of Mem-

phis in 2000. He holds certifications from the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association. He is married to Crystal and they have three children, Norah, Robbie, and Sammie.



Shaun McPherson

Shaun McPherson: Director of Women's Basketball

Shaun McPherson, Director of Strength and Conditioning for Women's Basketball, is in his ninth year at Baylor and sixth season with the Lady Bear basketball program.

Since joining the Lady Bear basketball program, the team has made six consecutive NCAA tournament appearances, been to the Sweet 16 three times, won the 2005 NCAA Championship, claimed a regular season Big 12 championship, and two Big 12 tournament titles. Formerly, McPherson worked with Baylor's track & field, baseball, and tennis programs, and assisted with football. During his time with these programs he was part of a national champion-

ship, Final Four, World Series, eight Big XII regular season & tournament championships.

The North Carolina native received his master of science in education from Baylor in 2001 after earning his bachelor's degree from the University of North Carolina, where he served as an undergraduate strength and conditioning coach.

He is certified by the National Strength and Conditioning Association and is a USA Weightlifting Level 1 Club Coach.



Adam Davis

Adam Davis: Associate Director

Coming from Loras College in Dubuque, Iowa where he served as the Director of Strength and Conditioning from January 2007 to January 2008 is Adam Davis. At Baylor, Davis assists with the football team as well as directing the training of the volleyball team, serving as the Director of the Iron Bear Club, and overseeing Football's Sports Nutrition Department.

Davis was an Assistant Strength Coach with the Iowa State University football team in 2006. Prior to that he was a Graduate Assistant Strength Coach at Illinois State University from June 2004

to May 2006.

Davis received his undergraduate degree in exercise science from Luther College in 2004, where he was a four year letter winner on the football team. He earned his Master's degree in exercise science from Illinois State University in 2006. Davis holds certifications from the National Strength and Conditioning Association and USA Weightlifting. Davis and his wife Alissa live in Woodway.



Tanna Burge

Tanna Burge: Assistant Director

Returning to Baylor in 2005 from Clemson University is Tanna Burge. At Baylor, Burge oversees the softball and equestrian athletic performance programs while assisting with football.

At Clemson, Burge served as an Assistant Strength and Conditioning Coach for the Olympic sports programs. Prior to Clemson, Burge completed a year long internship at The University of North Carolina- Chapel Hill where she assisted with the Strength and Conditioning program for all Olympic Sports.

Burge is a Baylor Alumnae. As a student at Baylor she worked as an undergraduate assistant with the strength and conditioning department for three years. She earned her Bachelor degree in Health/Fitness Studies in 2001. Burge is certified by USA Weightlifting and resides in China Spring.



Andrew Althoff

Andrew Althoff: Assistant Director

Andrew Althoff is entering his first year at Baylor University as Assistant Director of Strength and Conditioning. Althoff assists with football, track and field, and oversees men's tennis.

Althoff comes from Valdosta State University where he designed and implemented programs for baseball, softball, men's and women's cross country and tennis; achieving numerous national rankings. He also assisted with football, obtaining a national championship in 2007.

Prior to Valdosta State, Althoff was at Loras College. At completion of his collegiate athletic

career with football, where he was a four year letter winner, he became a student coach. He worked with strength and conditioning, as well as football. He also interned, during summer 2006, at University of Iowa working with the strength and conditioning program for Olympic sports.

He currently holds a BA in Sports Science with minors in Biology and Coaching, in addition to certifications from the National Strength and Conditioning Association and the Collegiate Strength and Conditioning Coaches Association. Althoff resides in Waco with his fiancé, Chrissie Simpaio.



Jeremy Weeks

Jeremy Weeks: Graduate Assistant

Jeremy Weeks joined the Baylor Department of Athletic Performance after interning for the strength and conditioning program at New Mexico State University. At Baylor, Weeks assists with football, while overseeing cross country and men's golf.

Weeks attended New Mexico State University where he was a team captain and a three year starter for the Aggies' football team. While at NMSU, he earned a Bachelor degree in Kinesiology.

Weeks is currently working on his Masters degree in Sport Pedagogy at Baylor University and holds certification from USA Weightlifting and the National Strength and Conditioning Association.



William Bradd

Will Bradd: Graduate Assistant

Coming to Baylor from Georgia Southern University where he graduated in 2004 with a degree in Exercise Science is Will Bradd. At Baylor, Bradd assists with the Athletic Performance Department while overseeing the spirit squad and women's golf.

After graduating from Georgia Southern, Coach Bradd was a Sport Coach at HIT Training Center until 2006 when he began pursuing the personal training profession.

Coach Bradd is currently working on his Masters degree in Sports Management at Baylor University.



**CHAMPIONSHIPS START
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[http://www.baylor.edu/
athleticperformance](http://www.baylor.edu/athleticperformance)

The purpose of The Iron Bear Club is to develop the Baylor Department of Athletic Performance into the premier strength and conditioning resource in college athletics. The club will raise funds to support the program by purchasing new equipment, providing additional nutritional support to athletes, and continuing staff development.

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