
Andrew Cleary

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SPORTS TECHNOLOGY & ATHLETIC PERFORMANCE

ATHLETIC TECHNOLOGY ♦ STRENGTH TRAINING ♦ CONDITIONING ♦ NUTRITION

BIOGRAPHY

Originally from Australia Drew came to the United States to play college basketball at Lewis-Clark State College. After completing his Master's Degree at Boise State University in Exercise Physiology he began his NBA career with the Portland Trailblazers where he worked with athletes such as Jermaine O'Neal, Rasheed Wallace, Damon Stoudamire and Arvydas Sabonis. While working with the Trailblazers Cleary also trained Hall of Fame Tennis player Monica Seles.

After departing Portland he ventured to the Orlando Magic where he oversaw the training of Penny Hardaway, Horace Grant and Dominique Wilkins. Legendary Head Coach Chuck Daley was at the helm during his stay with the Magic.

The next step was with the Washington Wizards where he worked under Wes Unseld with players such as Juwan Howard, Richard Hamilton and Hall of Fame guard Mitch Richmond. That same year Michael Jordan joined the franchise along with college legend Christian Laettner. Working under the guidance of Michael Jordan was definitely a highlight.

After leaving the Wizards Cleary took another big step when he personally trained Scottie Pippen over the next four seasons. After Pippen's retirement Drew returned to the Washington Wizards for the next ten years where he worked with All-Stars such as Gilbert Arenas, Antawn Jamison, Caron Butler, John Wall and Bradley Beal.

Cleary then turned to the college ranks at Tulsa University where he helped the Golden Hurricane advance to the 2016 NCAA tournament. At Santa Clara University he oversaw the 2020 National Champion Women's Soccer team. Every summer he works with Ice Cubes' Big 3 professional basketball tour where he maintains the health of ex NBA players such as Joe Johnson, Amare Stoudemire and Alan Iverson. In all Drew has worked with 13 Hall of Fame athletes including two of the greatest players to ever play the game in Jordan and Pippen.

In the Summer of 2022, Drew will complete his PhD at Concordia University of Chicago in Human Performance. The dissertation component will analyze the how residual force enhancement can aid performance in elite athletes. Several certifications have been obtained in muscle activation techniques (MAT) and strength training (NSCA-CSCS, NASM-PES & CES, FRCMS and RTSM).

Drew is waiting to train you toward your goals.

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SUMMARY

♦Catapult Load Management System	♦Strength & Conditioning Programing	♦Communication
♦Hawkin Dynamics Force Plate Analysis	♦Corrective Exercise	♦Staff Management
♦Elite Form Velocity Based Training	♦Muscle Activation Techniques	♦Anthropometrics
♦Polar Heart Rate Monitors	♦Expert in Manual Therapy	♦Fitness Testing

EXPERIENCE

Santa Clara University

West Coast Conference NCAA

Director of Sports Performance

Oversaw National Champion Women's Soccer, Basketball and Baseball, Role includes direct supervision of three full time staff members and three interns. Directs Catapult GPS monitoring program as well as Polar Heart Rate data. Supervision of all strength and conditioning programs for both soccer and basketball. Guides and educates athletes as to nutritional needs. Oversees meal planning and supplementation program. Guides all warm-up, cool down as well as return to play protocols. Oversight of budgeting and monetary spending as it pertains to sports performance.



2018-Current
3rd Season

Big 3

Professional 3 on 3 Basketball League

Director of Athletic Performance

Works with Director of Basketball Operations to oversee all aspects of pregame preparations ensuring athletes are ready to perform. Utilize manual therapy skills to ready veteran athletes for the rigors of the tour. Direct athletes on correct nutrition for both pre-game and post-performance as well as recovery. Work in association with tour athletic trainers to enhance rehabilitation and performance of all athletes. Help direct Big 3 combine hosted in Las Vegas to identify talent for drafting of eligible players.



2017-Current
4th Season

Tulsa University

American Athletic Conference NCAA

Director of Athletic Performance Men's Basketball

Oversee all aspects of technology, strength training, nutrition, conditioning and rehabilitation. Coordinate Team Polar Heart Rate monitors and interpret data for coaching staff. Prescribe all training programs for student athletes and oversee implementation with strength and conditioning staff including designing rehabilitation programs for injured athletes. Ensure performance team is informed on the philosophy and direction of the program. The performance team includes strength and conditioning coaches, athletic trainers and orthopaedic physician.



2015-2017
2 Seasons

WASHINGTON WIZARDS, Washington, DC

Southeast Division of the Eastern Conference in the NBA

Director of Strength & Conditioning

Extensive manual therapy background bridging the gap between athletic training room and direct force applications in the weight room based upon a range of motion analysis of athletes prior to all workout and games. Corrective programs designed with the primary goal of increasing endurance and performance. Ensured team building and individual improvement in performance based nutritional knowledge and sports medicine data analysis. Interpreted and reported STATSports GPS technology and heart rate receiver data for superiors. Extrapolations from the data created judgment calls on player availability on a daily basis for both practice and games. Identified need for conditioning programs specific to basketball to improve performance. Motivated players and fellow staff in a competitive, elite sports environment. Reported NBA Combine results to front office based on assessment of performance measurement & statistics.



2004-2014
1999-2001
12 Seasons

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SCOTTIE PIPPEN, Chicago, IL

Hall of Fame NBA player with the Chicago Bulls.

Director of Performance

Managed Mr Pippen's individual strength and conditioning program during both the off-season and in-season. Provided custom-tailored training and agility programs, and provided expertise in performance and overall health management. Utilization of manual therapy skills to allow Mr. Pippen to continue his career into the twilight. Utilized corrective programs designed with the primary goal of increasing endurance, performance as well as increasing longevity.



2002-2004

3 Seasons

PORTLAND TRAIL BLAZERS, Portland, OR

NBA team in the Northwest Division of the Western Conference.

Asst. Strength & Conditioning Coach

Maintained professional fitness levels of injured reserve players during the season while the team travelled. Organized and implemented game day preparations, which included on court conditioning and pre-game warm-up. Developed on-court conditioning programs for low-minute players and administered flexibility and nutritional programs for the team. Monitored healthy weight-gain and weight-loss in all players. Monitored fitness, nutritional progress and athletic attendance to general manager and coaching staff.



1997-1998

2001-2002

2 Seasons

ORLANDO MAGIC, Orlando, FL

NBA team in the Southeast Division of the Eastern Conference.

Asst. Strength & Conditioning Coach

Head Strength & Conditioning Coach Orlando Miracle (WNBA)

Maintained professional fitness levels of injured reserve players during the season while the team travelled. Organized and implemented game day preparations, which included on court conditioning and pre-game warm-up. Developed on-court conditioning programs for low-minute players and administered flexibility and nutritional programs for the team. Monitored healthy weight-gain and weight-loss in all players. Organization and scheduling of sports specific, functional training and facility management.



1998-1999

1 Season

MONICA SELES, Portland, OR

Former world number one-ranked and Hall of Fame tennis player.

Strength & Conditioning Coach

Created all strength and conditioning programs relevant to individual performance needs and goals. Custom agility training included focus on movement efficiency and speed drills to increase court coverage and overall game fitness. Created a comprehensive nutritional plan and monitored dietary intake during training and professional competition. Implemented all flexibility programs which included utilization of manual therapy skills to mobilize joints that were deficient due to training and game loads.



1997-1998

1 Season

EDUCATION & CERTIFICATIONS

Master of Science, Exercise Science, Boise State University, Boise, ID.

Thesis, "Frequency of the Flow Experience in Intercollegiate Men's and Women's Basketball Players"

Bachelor of Science, Kinesiology and Psychology, Lewis-Clark State College, Lewiston, ID.

PhD Human Performance, Graduating June 2022 from Concordia University of Chicago, Chicago, IL.

Dissertation, Utilizing Residual Force Enhancement To Improve Performance In Elite Athletes.

- ♦ **Certified Strength and Conditioning Specialist**, NSCA CSCS.
- ♦ **Functional Range Conditioning Movement Specialist**, FRCMS.
- ♦ **National Association of Sports Medicine**, CES & PES.
- ♦ **Muscle Activation Techniques**, MAT.
- ♦ **Resistance Training Specialist Mastery**, RTSM.
- ♦ **American Heart Association**, CPR & First Aid Certificate.
- ♦ **Hoopstrength.com**, Developer.