# Moore added to strength and conditioning staff

## MT grad will handle men's basketball duties

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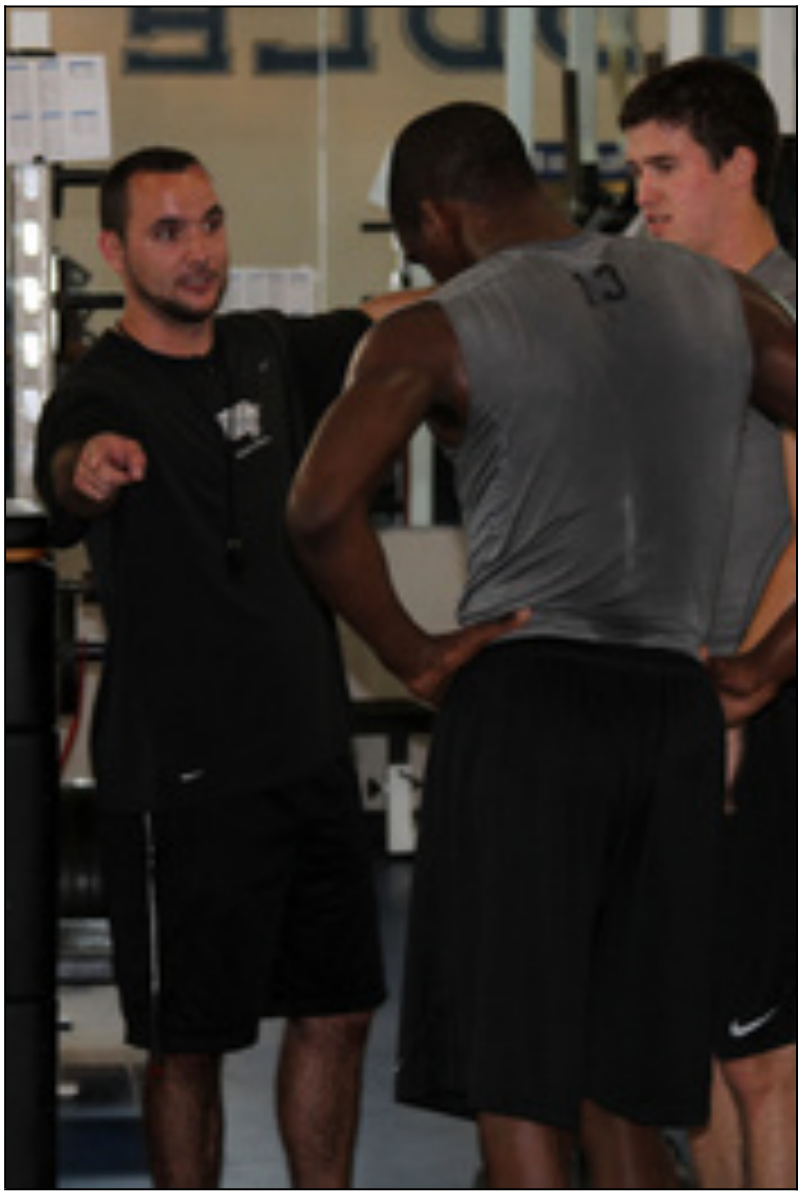

**MURFREESBORO, Tenn. -** Matt Riley, Middle Tennessee's head strength and conditioning coach, has announced the addition of Mark Moore to the Blue Raider strength and conditioning staff. Moore will oversee the Blue Raider men's basketball team. "Mark Moore is a great addition to our staff," Riley said. "He works hard and his enthusiasm, work ethic, and knowledge are exactly what we were looking for to handle this position." A native of Murfreesboro and a graduate of Riverdale High School, Moore was already familiar with Middle Tennessee, where he enrolled in 2005 and earned a bachelor's degree in Exercise Science in 2009. After graduation, Moore spent the summer at Middle Tennessee as a strength and conditioning intern. From MT, Moore went to Murray State University, where his duties as an assistant strength and conditioning coach included designing and implementing programs for the softball team as well as for both the men and women's rifle teams. Both Riley and Jason Spray, MT's strength and conditioning coach for football, helped Moore get on the staff at Murray, and felt that his work there, particularly in the area of designing and implementing his own programs, was very valuable. Following his year at Murray, Moore began an internship at Mississippi State in June of 2010, assisting in the strength and conditioning program for the Bulldog football team. That fall, he began work on his master's degree in kinesiology and served as a graduate assistant. In addition to his duties with the football team, Moore also had a hand in baseball, both men's and women's tennis,

and the throwing athletes on the track team. Graduate degree in hand, Moore returned to Middle Tennessee in January and assisted Spray with men's basketball. When Spray was elevated to fill the vacancy as head of the football program, Moore became head strength and conditioning coach for men's basketball. "I worked with Mark three years ago, before he went to Murray and MSU, and he is a diligent worker who will do whatever is asked of him," Spray said. "He has spent two years in a good SEC program, and gained valuable experience in training a team. "He worked in the spring here with men's basketball as well as spring football, and it was a good relationship. Promoting him to head up strength and conditioning for the men's basketball team was the natural thing to do." Men's basketball head coach Kermit Davis echoed Spray's appreciation for the work Moore had already done with the basketball team. "Our players and staff are excited to have Mark as the strength and conditioning coach. He was fantastic in working with Jason Spray and our returning players in the spring," Davis said. "In a lot of ways, he reminds me of Jason. He has great enthusiasm and command of the weight room, and he has already established great relationships with our players. Our team is looking forward to a productive summer under his direction." Moore is certified as a Strength and Conditioning Coach, as a Strength and Conditioning Specialist, and as a Level 1 Club Coach. He is also CPR and AED certified.

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