

Philip Coffman

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Professional Summary

Mental Performance Coach and Sport Performance Coach with over 9 years of experience in optimizing athlete performance through cognitive training, memory enhancement, and resilience-building techniques. Graduate research focuses on integrating metacognitive strategies with deliberate practice to improve focus, decision-making, and adaptability in competitive settings. Experienced in using innovative tools like the DynaVision system for cognitive training and reaction time enhancement. Passionate about developing athletes' mental toughness, leadership skills, and teamwork to drive success both on and off the field. Additionally, equipped with a strong foundation in sport leadership and management, allowing for a broad range of opportunities in athletic administration, coaching, and performance enhancement.

Education

Graduate Certificate of Science in Sport Psychology

Miami University, Oxford, OH | May 17, 2025

Bachelor of Science in Sport Leadership & Management (Coaching Concentration)

Miami University, Oxford, OH | May 17, 2025

● Coursework includes sport administration, coaching philosophy, leadership strategies, and athlete development.

Professional Experience

Mental Performance Coach & Assistant Coach

Miami University Men's Lacrosse | Oxford, OH | August 2021 – Present

- - Implement cognitive training techniques, including DynaVision reaction training, to enhance focus, reaction time, and resilience.
- - Collaborate with coaching staff to develop strategic game plans and provide real-time performance analysis.
- - Conduct individual and team-based mental performance sessions to improve confidence, composure, and leadership.
- - Provided mental skills assessments and used theoretical frameworks in sport psychology to apply interventions with DI college athletes.

Head Coach

Miami University Men's Lacrosse | Oxford, OH | January 2021 – December 2022

- - Led the program's training and competition strategies, improving athlete performance through mental and physical conditioning.
- - Mentored athletes in goal-setting, leadership, and competitive mindset development.

Lacrosse Coach & Assistant Youth Program Organizer

Waynesville Middle School Lacrosse | Waynesville, OH | January 2019 – Present

- - Coached multiple age groups from kindergarten through high school, implementing training programs focused on endurance, concentration, and teamwork.
- - Developed youth lacrosse initiatives, increasing program participation and community engagement.

Cognitive Training Specialist & Research Assistant

Miami University Sport Psychology Lab | Oxford, OH | January 2024 – Present

- - Conduct research on cognitive resilience, memory visualization, and reaction training in elite athletes.
- - Work directly with athletes utilizing DynaVision technology to enhance visual processing speed and decision-making.
- - Assist in developing sport psychology interventions for improving performance under pressure.

Stage Hand/Event Crew Member

Everwild Music Festival | Thornville, OH | Summers 2021, 2022, 2023

- - Managed stage operations and event logistics for large-scale festivals, ensuring smooth transitions between performances.
- - Assisted bands and production crews with equipment setup and breakdown.

Owner & Business Operator

Coffman HVAC & Home Repair | Waynesville, OH | May 2016 – February 2023

- - Successfully operated and managed an HVAC and home repair business for nearly seven years.
- - Provided residential heating, ventilation, and air conditioning services, as well as general home repair and maintenance.
- - Built a loyal client base, achieving a 95% client retention rate through exceptional service and strong customer relationships.
- - Managed business operations, including scheduling, invoicing, and marketing, to sustain steady growth and profitability.

HVAC Service/Sales Representative

Recker and Boerger | Cincinnati, OH | November 2013 – January 2015

- - Delivered residential HVAC solutions, diagnosing issues and providing tailored recommendations to customers.

Certifications & Training

- DynaVision Cognitive Training & Reaction Training Specialist (2024)
- USA Lacrosse Coaching Certifications: Levels 1, 2, 3 Silver Boys/Girls
- NFHS Coaching Certifications: Fundamentals of Coaching, Sportsmanship, Heat Acclimatization
- First Aid, CPR, and AED Certified (American Red Heart/Kettering Health Network, Dayton, OH)
- Basic Spanish Language Skills Badge (Miami University, January 2025)
- Certified Mental Performance Consultant (CMPC) Candidate (In Progress)

Key Skills

- Cognitive Training & Metacognition
- Sport Leadership & Administration
- Athlete Development & Mentorship
- Coaching & Mental Toughness Strategies
- Performance Data Analysis & Metrics
- Event Coordination & Operational Management
- Strategic Planning & Program Execution
- Coaching Resilience & Stress Management Strategies
- HVAC Systems, Troubleshooting, & Home Repair
- Business Management & Client Relations