**319 Highbridge Street, (845)-514-3399 Fayetteville, New York 13066 alexgrigorita@gmail.com**

**Coaching Philosophy**

*Expectations of accountability, responsibility, team unity, discipline, mental toughness, self confidence, sportsmanship, and a desire to compete are paramount to success both on and off the field. My goal is to mold very disciplined, sportsmanlike, and highly motivated players who put in an intense effort at every practice, every game, and with any challenge they may encounter in life.*

**Coaching Achievements**

**United States Collegiate Athletic Association:**

* Men’s Soccer 2019 National Champions
* Women’s Soccer 2019 Ranked #1 in the nation (both standings and coaches’ poll) for the first time in 20 years program’s history- National Tournament 3rd place (14-2 Ranked #1)
* Men’s Soccer 2015, 2016, 2017 and 2018 National Championship Tournament Runner Up
* Women’s Soccer 2014, 2015, 2016 National Championship Tournament Final Four
* Produced 17 USCAA All-Americans (7 First Team; 10 Second team) and over 40 USCAA All-Academic team members

**National Junior College Athletic Association:**

* Men’s Soccer Region 3 Winner 2013
* Women’s Soccer Region 3 Runner-Up 2013
* Men’s Soccer Region 3 Runner-Up 2012

**Coaching Experience**

**Bryant & Stratton College** Syracuse, New York September 2012- Present

**(Assistant Athletic Director/Head Women’s Soccer Coach/ Assistant Men’s Soccer Coach)**

* Provide leadership, organization and supervision in all aspects of the athletic programs
* Create and teach methodologies to student athletes
* Recruit and retained successful student-athletes
* Observe and evaluate the performance of student-athletes in both practice and competition
* Monitor the academic performance of student-athletes
* Maintain frequent and consistent public contact with high schools, junior colleges, four-year universities, and clubs for scouting, and public relations efforts
* Develop and strengthen a successful soccer program by increasing roster depth and strength

**Elite Syracuse Soccer (Youth Soccer Club)** November 2016- Present

**(Head Coach Girls U-18 team/ College Recruiting Coordinator)**

* Coach and develop youth players
* Successfully prepare and assist players for college career
* Players have been placed into NCAA D 1/D2/D3 programs such as:
  + NCAA D1 - Niagara University; St. John’s University
  + NCAA D2 - Saint Rose College; Le Moyne College
  + NCAA D3 - William Smith College; Ithaca College; Keuka College

**Moldavian Men’s National Team** Chisinau, Moldova June 2017 – November 2017

**Milsami (Professional Soccer Club)**

**(Apprentice/Coaching Practicum)**

* Gained valuable knowledge by working side by side with the coaching staff of both the national and club team
* Learned all aspects of a professional soccer organization (recruiting, training plan development, game preparation, team tactics, etc.)
* Observed and analyzed the National Team’s weekly training cycle (training plan development, game plan development, game management, post-game recovery procedures etc.)
* Participated and evaluated micro and macro cycle of sessions for both teams
* Assisted Milsami coaching staff with translation during preseason practices and games
* Assisted Milsami with player eligibility process for the Europa League qualification round

**Syracuse Development Academy (SDA)** Syracuse/Utica, New York December 2016 – August 2017

(Assistant Coach, United Women’s Soccer /semi-pro level)

* Evaluate and recruit qualified players including NCAA D I/II, International and Pro players
* Plan, organize and conduct practice session (special focus on defense, offense and tactics)
* Monitor athletes’ development and adjust the training program if necessary
* Plan tactics for the game, motivate and provide feedback to players

**Education**

**Bryant & Stratton College, Syracuse, New York** Graduated: April 2016

* Bachelor of Business Administration- General Management
* Associates Degree Travel and Tourism Graduated: April 2012

**State University of Physical Education and Sports, Chisinau, Republic of Moldova**

* Bachelor’s Degree in Sports, Recreational Physical Culture and Tourism Graduated: June 2008

**Playing Experience and Achievements**

**Bryant & Stratton College, Syracuse, New York** 2010-2012

* Central Defender and Team Captain
* Academic All-America 2011
* All-America Second Team 2011
* All-Region First Team 2010 & 2011
* All-Conference Team 2011

**Competencies/Skills**

* Lead any team in a positive and supportive manner
* Strong recruitment skills and development of recruitment network
* Ability to direct multiple work activities simultaneously and plan ahead
* Organizational and prioritization skills that ensure deadlines are met
* Analytical and problem solving-skills
* Highly motivated, ability to take initiative and produce successful results
* Fluent in: English, Romanian, Russian; Basic in: French