

ID Pruitt Bio

Work Experience

- USA Baseball
Task Force member at the 16u at the NC National Team Championships Dec 2021-Present
- United Baseball Organization
Head Coach of 16U Scout & Fall Showcase Team June 2020-Present
- Spanish Fort High School, Spanish Fort, AL
Head Baseball Coach/Strength Coach June 2018-Present
- Enterprise High School, Enterprise, AL
Head Baseball Coach May 2015-June 2018
- Enterprise High School, Enterprise, AL
Assistant Football/Head Strength Coach Aug.2011- June 2018
- Troy University, Troy, AL
Strength and Conditioning Graduate Assistant Jan. 2010-Aug. 2011
- Troy University, Troy, AL
Strength and Conditioning Intern Sept. 2009-Dec. 2009
- Speed Sports Performance, Peachtree City, GA
Sports Performance Intern May.2009-Aug. 2009
- Oakland Athletics Baseball Company, Oakland, CA
Professional Baseball Player Jun. 2007-Jan. 2010

Professional Honors

- Hall of Fame Inductee to the University of Montevallo 2018
- First Team GSC East Division All-Decade Team 2010
- Traded to San Diego Padres for Chad Reineke 2009
- 23rd Round Selection of the Oakland Athletics 2007
- Third Team Dakatronics All-American 2007
- First Team All-South Region Team 2007
- First Team All-GSC 2007
- GSC Player of the Week (2) 2007
- Second Team All-South Region Team 2006
- First Team All-GSC 2006
- GSC Player of the Week (2) 2006
- National Junior College Athletic Association Academic All-American 2005
- ACCC All-Conference Award Winner 2005

Education

- Troy University
MS, Education, Physical Education Jan. 2010-Dec. 2012
- University of Montevallo
BA, Kinesiology, Health Promotion Aug. 2005-Dec. 2009
- Central Alabama Community College
AS, Science Aug. 2003-July 2005

Certifications/Memberships

- National Association of Speed and Explosion
- Functional Movement Screen Certified
- USA Weightlifting Level 1 Sport Performance Coach Certified
- National Strength and Conditioning Association Registered Strength and Conditioning Coach
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist with Insurance
- National Association of Speed and Explosion Member
- Functional Movement Systems Pro Member
- USA Weightlifting Member
- National Strength and Conditioning Association Member
- National Strength and Conditioning Association Alabama State Advisory Board Member
- Association of Professional Ball Players of America Member
- Alabama Baseball Coaches Association Committee Member
- National Baseball Coaches Association Member