

Cody Rasmussen

WRESTLING COACH

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Summary

Wrestling coach with 6 years on high school staffs and a former Division I wrestler at the University of Northern Iowa. Runs technique instruction, conditioning and weight management for a 36-wrestler program that produced 9 state qualifiers in 4 seasons. Holds an Iowa Coaching Authorization and USA Wrestling Bronze certification.

Skills

- Technique Instruction
- Conditioning
- Weight Management
- Strength Training
- Match Strategy
- Tournament Management
- Injury Prevention
- Practice Planning
- Leadership Skills
- Communication

Experience

Wrestling Coach

Saylorville Ridge High School

08/2022 - Present

Ankeny, IA

Coach for the varsity and JV wrestling program, 36 wrestlers across 14 weight classes and a 3-coach staff.

- Run daily technique instruction on takedowns, mat returns and top control for 36 wrestlers in 2-hour practices.
- Coach **9** state qualifiers and 3 state placewinners over 4 seasons, up from 2 qualifiers the season before.
- Build weight management plans with the athletic trainer, keeping every wrestler within certified descent rates.
- Handle tournament management for a 16-team home invitational each January, scheduling officials and 40 volunteers.

Assistant Wrestling Coach

Prairie Lakes High School

11/2020 - 03/2022

Urbandale, IA

Varsity assistant for a Class 3A program and head coach of the middle school feeder team of 22.

- Led conditioning and strength training 4 days a week for 30 wrestlers, raising the team pull-up average from 8 to 13.
- Coached the middle school team of 22 wrestlers to a conference title in 2022.
- Scouted opponents and wrote match strategy notes for 12 varsity duals a season.
- Taught injury prevention warmups and daily skin checks, holding skin infections to 1 case a season.

Education

Bachelor of Arts

University of Northern Iowa
Physical Education

05/2020

Cedar Falls, IA

Certificates

Coaching Authorization

Iowa Board of Educational Examiners
08/2020

Bronze Coaches Certification

USA Wrestling
10/2021

First Aid, CPR and AED

American Red Cross
10/2025