



PRINCE WILLIAMS

MS, ATC, CSCS, CES DHS(c)

CONTACT



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[LinkedIn](#)

EDUCATION

- Doctor of Health Science, PennWest University Global Online
- Expected graduation: August 2026
- Master of Science, Exercise Science, Corrective Exercise, California University of Pennsylvania
- Bachelor of Arts, Physical Education, Athletic Training, Benedictine College

Profile Summary

Doctoral candidate in Health, Wellness, and Exercise Science focused on high-quality return to play. Athletic trainer and strength coach with experience leading football and multisport care across Division I and community college programs. Designs evidence-informed preparation and rehabilitation that protect athlete safety, performance, and confidence. Active keynote speaker and mindset coach with a research focus on integrating strength and conditioning into post-rehabilitation programs.

Service and Leadership

- United States Olympic Committee: Sports Medicine Volunteer, Chula Vista
- Program building, student assistant pipeline with Cal Poly Kinesiology

Leadership Experience

Reedley College

Present

Head Athletic Trainer

- Supervise organizational medical football operations and day-to-day sports medicine care
- Coordinate with physicians and allied professionals to ensure continuity of care
- Document injury and illness encounters and maintain treatment logs and records
- Deliver preparation and recovery support, including bracing, taping, manual therapy, stretching, and modalities
- Develop preparation and rehabilitation programs using evidence-informed corrective exercise for return to play

Clifton Strengths Top 5

- Competition: Pursues excellence and wins.
- Ideation: Creates fresh, useful ideas.
- Arranger: Organizes complexity into flow.
- Significance: Aims work at real impact.
- Command: Decides clearly and leads.

Cal Poly

2018

Head Athletic Trainer

- Led football sports medicine operations with team physicians and staff. Built a student assistant program with kinesiology program
- Documentation for daily treatments and injuries
- Doping and drug testing procedures
- Designed preparation and rehabilitation strategies for safe and efficient return to play

Research Focus and Methods

- Focus: Seamless Return, enhancing post-rehabilitation strategies for athletes through strength and conditioning
- Design: Convergent parallel mixed methods with quasi-experimental measures and focused ethnography
- Outcomes of interest: Neuromuscular control, performance, injury recurrence, and psychological readiness

National Football League (NFL)

2016 - 2021

San Francisco 49ers

- Stopped play when clear evidence of traumatic injury warranted intervention
- Filed post-game spotter reports documenting potential injuries and communications

TEACHING & ACADEMIC APPOINTMENTS

- Preceptor, Athletic Training Internship Program, California State University, Monterey Bay
- Student Assistant Program Developer, California Polytechnic State University, Kinesiology Department

LEADERSHIP EXPERIENCE CONTINUED...

California State University, Monterey Bay
Assistant Athletic Trainer 2013

LEADERSHIP EXPERIENCE CONTINUED...

University of California Berkeley
Assistant Athletic Trainer 2010

CERTIFICATIONS AND LICENSURE

- Board of Certification, Athletic Trainer
- NSCA, Certified Strength and Conditioning Specialist
- NASM, Corrective Exercise Specialist

SPECIAL SKILLS

- Concussion management and game day injury surveillance
- Return to play protocol design and documentation
- Corrective exercise programming for preparation and rehabilitation
- Manual therapy, taping, bracing, and therapeutic modalities
- Familiarity with doping control and drug testing procedures

KEYNOTE TOPICS AND SPEAKING ENGAGEMENTS

Signature Topics

Drive Alive: Turning Pain into Power Through Emotional Intelligence and Purposeful Action - The Scholar Warrior Framework: Leadership, Performance, and Resilience Under Pressure

Academic and Research Focus

Doctoral candidate in Health, Wellness, and Exercise Science with a research concentration on enhancing athlete readiness and high performance through integrated strength and conditioning. Focused on bridging the gap between post-rehabilitation and real-world return to play, emphasizing neuromuscular control, confidence, and psychological readiness.

Audience and Impact

Keynotes and workshops delivered to collegiate and professional athletic programs, corporate leadership teams, and high-performance organizations. Each presentation connects science, psychology, and practical systems to help individuals and teams perform under pressure, recover with purpose, and lead with emotional intelligence.

Professional Impact Statement

My career integrates sports medicine, strength and conditioning, and mindset coaching to enhance athlete readiness and resilience. I lead with evidence, empathy, and execution to bridge the gap between rehabilitation and real-world performance.