

Taylor Khoury

Ice Hockey • Ontario Reign (AHL Affiliate Los Angeles Kings) • Hermosa Beach, CA, USA

og1coaches.com/p/tkhoury

Statement

Certified Strength and Conditioning Specialist with experience designing and implementing high performance training programs for professional and collegiate athletes. Proven ability to enhance athletic performance through evidence-based program design, athlete monitoring, load management, and injury risk reduction strategies. Experienced collaborating with coaching, medical, and performance staffs in professional and collegiate environments.

Education

MSc Strength, Conditioning, and Coaching Practice

Woolf University (ALTIS Higher Education)

Member of the first ALTIS Higher Education Cohort

BA Kinesiology and Exercise Science

Merrimack College

3.98 GPA

BA Biology and Sports Studies

Manhattanville University

4.0 GPA

Member of the NCAA Division Three Men's Ice Hockey Team

BA Kinesiology and Exercise Science, Biology Minor

Hamline University

4.0 GPA

Member of the NCAA Division Three Men's Ice Hockey Team

ATHLETIC CAREER

Defenseman — Hamline University, Manhattanville University

NCAA Division III - National Collegiate Athletic Association Division III | Men's Ice Hockey | 2020 - 2022

NCAA Division Three Men's Ice Hockey

COACHING CAREER

Lead Strength and Conditioning Coach — USA Hockey

USA Hockey | Ice Hockey (Men) | 2024

- Oversee strength and conditioning staff at U-17 Festival
- Organize and execute performance testing, warm up, recovery, and training sessions
- Present on the components of a well-rounded training program and Becoming College Ready

Head Strength and Conditioning Coach — Ontario Reign

AHL - American Hockey League | Ice Hockey (Men) | 2024

- Lead all strength and conditioning and sports science operations for the Ontario Reign
- Design and facilitate all strength and conditioning operations for the Greenville Swamp Rabbits (ECHL Affiliate)
- Design and implement individualized training programs aligned with competitive demands
- Oversee Assistant Strength and Conditioning Coach
- Monitor athlete workload, recovery, and performance metrics to optimize readiness and reduce injury risk
- Collaborate with coaching and medical staff to align physical preparation with tactical objectives
- Design and coach return to performance sessions for a variety of different injuries
- Lead Los Angeles Kings Rookie Camp and Development Camp
- Assist and lead off-season training sessions for AHL and NHL players

Strength and Conditioning Assistant — Merrimack College

NCAA Division I - National Collegiate Athletic Association Division I | Multi-Sport | 2023 - 2024

- Assisted with strength and conditioning programs for Division I hockey, basketball, and track teams
- Supported daily training sessions, testing protocols, and athlete monitoring

Strength and Conditioning Intern — Manhattanville University

NCAA Division III - National Collegiate Athletic Association Division III | Multi-Sport | 2022 - 2022

- Assisted in program implementation and coaching for collegiate athletic teams
- Gained hands-on experience in strength training, conditioning, and facility operations

Sports Performance Coach — Mike Boyle Strength and Conditioning

| Multi-Sport | 2022 - 2024

- Designed and coached training programs for athlete and general population clients of all experience levels
- Coached professional, collegiate, and youth athletes in both group and personal training sessions
- Designed and coached return to performance sessions for a variety of different injuries
- Emphasized movement quality, injury prevention, and long-term athletic development

Personal Trainer — The Loyal Kingdom

| Multi-Sport | 2021 - 2021

- Designed and implemented strength and conditioning programs for youth athletes
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