



Everette Sands, Jr.

QUALIFICATIONS AND COACHING PRINCIPLES

- Successful coach who has mentored and coached 1,000 running backs at 4 out of the 5 schools where I've coached
 - Achieved results by instilling a core set of values in players and communicating effectively both on and off the playing field.
 - A proven leader who uses positive energy and enthusiasm to inspire others to commit to team concepts and personal accountability.
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Coaching Experience:

2012 – Present

University of South Carolina

Columbia, SC

Assistant Football Coach: Running Backs

- Coached All-Conference Running Back; 1,000+ yd Rusher (2013)
- Coached Running Back who had back to back 1,300+ yard all-purpose yard seasons ('13 & '14)
- Coached Running Back (Marcus Lattimore) drafted by the 49ers (2013)
- Recruit Southwestern SC, Eastern Georgia, Central Florida
- NFL Minority Internship – Seattle Seahawks (2015)

2011

NC State

Raleigh, NC

Assistant Football Coach: Running Backs

- RB's had four 100+ yard games, which was first time since 2007
- Recruit Southern SC, Central NC, Eastern Georgia, Northern Florida
- Pro Liaison

2005 – 2011

The Citadel

Charleston, SC

Assistant Football Coach: Running Backs

- Coached Conference Leader in All-Purpose Yardage (2006)
- Coached All-Conference Running Back; 1,000+ yd Rusher (2007)
- Coached All-Freshman Team Running Back (2008, 2009 & 2010)
- Recruit Eastern SC, Eastern NC, Virginia (Concentrated in Tidewater/VA Beach and Richmond Areas), Tennessee, Georgia
- Responsible for Summer School Program for Incoming Freshman
- Responsible for monitoring players' academic standing

Summer 2010

Expert Coaches Forum

- Head Coaching Training
- Seminars in:

- Fundraising:
- Media Training
- Selecting Staff
- Managing Budgets
- Building Relationships with Campus Administration
- Contracts
- Professional Etiquette
- One of 20 Selected Nationwide

2001 – 2005

Ohio University

Athens, OH

Assistant Football Coach: Running Backs

- Coached offense that ranked 9th in the nation in rushing yards
- Integral part of offense that ranked 6th in Ohio University history in rushing yards
- Coached and mentored running back that rushed for over 1,000 yards in single season; first team All-MAC, and invited to play in Hula Bowl
- Coached running back who signed with the New York Jets (Chad Brinker)
- Recruited NC, SC, GA (Concentrated in Atlanta Area), Alabama, Florida
- Responsible for coordinating preseason schedules, housing, and meals
- Video Coordinator

1999 – 2001

The Citadel

Charleston, SC

Assistant Football Coach: Running Backs

- Coached two-time All-Conference Running Backs
- Coached running back that led the team in total offense & total rushing yards
- Recruited Upstate SC, Eastern GA, Western NC
- Responsible for coordinating cadre and preseason schedules
- Admissions and Athletic Administration liaison

Summer 2000

Carolina Panthers

Intern: Running Backs Coach

- Assisted running backs coach
- Assisted with preseason preparation

1996 – 1999

Elon College

Elon College, NC

Assistant Football Coach: Running Backs

Head Strength & Conditioning Coach (Entire Athletic Department)

Academic Advisor for the Football Team

- Coached offense that rushed more than 3,000 yards in a season (Elon College)
- Coached and mentored running back that rushed for over 1,000 yards in a single season
- Recruit Central NC, Eastern SC,
- Designed and implemented in-season, off-season, and summer strength and conditioning programs
- Monitored student athletes' grades and schedules
- Planned and monitored student athletes' study hall periods

1995 – 1996

Sea Island Academy
Charleston, SC
Head Football Coach
Algebra and Computer Science Teacher

- Supervised assistant coaches
- Prepared weekly game plan

Recruiting Areas

Georgia, South Carolina, North Carolina, Alabama, Florida, Virginia, Ohio, Indiana, Tennessee

Education:

The Citadel - Bachelor of Science 1993
Major: Computer Science
NSCA Certification - Certified Strength & Conditioning Specialist (CSCS)

Playing Experience:

Scholarship Athlete
The Citadel 1990 - 1993
Inducted into The Citadel's Athletic Hall of Fame 2004
All-Conference, All-State, All American in 1992 1990-1993
Palmetto Touchdown Club: State Offensive Player of the Year 1992
Team Captain team that ranked #1 in the nation in Div. I-AA 1992
Signed with Baltimore Stallions – CFL 1994

Activities:

Football Liaison for Fellowship of Christian Athletes
Member of the American Football Coaches Association
Keeper of Records, Omega Psi Phi Fraternity, Inc. 1992-1993

Personal:

Wife - Yvette Sands; Sons - Everette III (Tre') - 14, Josiah - 7;
Daughter - Sierra – 11

References

Steve Spurrier

Head Football Coach
University of South Carolina

Derek Mason

Head Football Coach
Vanderbilt University

Lynn Thompson

Director of Athletics
Bethune-Cookman University

Sherman Smith

Assistant Football Coach
Seattle Seahawks

Ron Turner

Head Football Coach
Florida International University

Kevin Higgins

Asst Coach
Wake Forest University

Travis Jones

Assistant Football Coach
Seattle Seahawks

Eric Washington

Assistant Football Coach
Carolina Panthers

Lance Thompson

Assistant Football Coach
Auburn University

Cameron Turner

Assistant Football Coach
Carolina Panthers

Mike Sullivan

Assistant Football Coach
New York Giants

Brian Knorr

Defensive Coordinator
Indiana University