



AGENDA
HISTORIC PRESERVATION COMMISSION
January 10, 2022 at 6:00 PM

Call to Order

Approval of Minutes

Old Business

1. Overlay District

New Business

2. Board Vacancies
- [3.](#) Sergi Resume
4. Recap Train Exhibit Meeting
5. Historic Preservation Month

City Manager Comments

Adjournment

Michael Sergi

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912.695.8421 (c)

Qualifications

- Professionally credentialed strength and conditioning coach
- Over a decade of strength and conditioning experience
- Outstanding interpersonal skills in teaching and coaching
- Proven leadership ability and organizational skills in leading large group active duty military personnel through strength and conditioning, Modern Army Combatives, and Brazilian Jiu Jitsu training to include MAC Level I certification training for the 48th Infantry Brigade Combat Team at Fort Stewart, Georgia (2005)
- Provides individuals with superlative feedback in helping individuals achieve their goals and to reach their full potential

Education

Armstrong Atlantic State University

Savannah, Georgia

Master of Science Sports Medicine 2007

Georgia Southern University

Statesboro, Georgia

Bachelor of Science Sociology 2000

Experience and Accomplishments

5/2015 - Present **Serg Enterprises, LLC**
Serg BJJ & Fitness

Savannah, Georgia

President and Head Strength and Conditioning Coach

- Develop and implement strength and conditioning programs for students and clients
- Manage and oversee day-to-day operations of all aspects of full service Brazilian Jiu Jitsu, self defense, and fitness training center
- Track student and client progress to include injury and reconditioning status
- Develop and implement curriculum for all Brazilian Jiu Jitsu and self defense programs and assistant instructors
- Directly supervise four assistant instructors
- Teaches diverse student and client population to include military personnel, law enforcement, and first responders
- Develop online strength and conditioning training programs when necessary for all components of physical fitness for personal training clients
- Developed digital and DVD instructional video produced by BJJ Fanatics titled Mobility Fundamentals: Grapplers Guide To Warm Up & Cool Down

9/2018 - 7/2021 **Young Harris College**
Young Harris, Georgia
Head Coach (Contract/Virtual)
Strength and Conditioning

- Creating and executing periodized strength and conditioning programs for intercollegiate athletic programs
- Communicate with head coaches on strength and conditioning plan, assessing the needs of each program and constructing team schedules for strength and conditioning training
- Collaborate with sports medicine team staff members to design and implement injury prevention and rehabilitation
- Track student-athlete progress to include injury and reconditioning status
- Work with staff members to design sport specific strength and conditioning programs for athletics

8/2012 - 9/2018 **Armstrong State University and**
Savannah, Georgia **Georgia Southern University**
Senior Lecturer
Secondary, Adult and Physical Education

- (2018) Authored Teaching Fitness Principles for Lifelong Health, Strategies, 31:2, 44-46
- Created two activity courses to university curriculum offerings (Intermediate Weight Training and Walk, Jog, Run)
- Instructed activity and lecture based courses in person and online
- Served on University Scholarship Committee (sub-committee chair), University Student Success Committee and College of Education Appeals Committee
- Taught over 15%-22% of university student body each year as a full-time temporary instructor and lecturer

8/2012 - 7/2017 **Armstrong State University**
Savannah, Georgia
Head Coach
Men's and Women's Cross Country

- After no NCAA Southeast Regional appearances since reinstatement directed men's team to as high as 11th place in the regional championship in four appearances
- Broke every men's cross country individual record in school history and broke every men's cross country team record since reinstatement. The 2014 team had the fastest cumulative team time in a race in the Peach Belt Conference era

- Coached 1 cross country national qualifier (first male runner in university history), 1 conference runner-up (highest finish in university history), 6 All Conference runners, 3 All-Region runners in only five season
- Named 2014 Peach Belt Conference Coach of the Year. First men's Coach of the Year honor in university history
- Men's and women's cross country teams named USTFCCA All-Academic Teams in 2016 (program firsts)
- Men's Cross Country team named highest Team GPA award winners of all men's sports teams in athletic department (2016 and 2017)
- Coached 2017 Savannah Exchange Club President's Cup award winner (program first)
- Coached 6 Peach Belt Conference All-Sportsmanship Team award winners (5 men and 1 woman)
- Assisted in the strategic planning and oversaw the reinstatement of the women's cross country program for the 2016 season

8/2016 - 7/2017 **Armstrong State University**

Savannah, Georgia

Head Coach

Strength and Conditioning

- Assisted in the strategic planning and oversaw the addition of strength and conditioning to Pirate intercollegiate athletics department
- Oversaw all aspects of strength and conditioning program, to include supervision of staff, and ensure supervision of all student-athletes
- Head strength and conditioning coach for men's basketball, men's and women's cross country and men's and women's golf including program design, implementation, evaluation and testing
- Worked with staff members to design sport specific strength and conditioning programs for athletics
- Communicated with head coaches on strength and conditioning plan, assessing the needs of each program and constructing team schedules for strength and conditioning training
- Collaborated with sports medicine team staff members to design and implement injury prevention and rehabilitation

3/2007 - 7/2012 **Savannah College of Art and Design**

Savannah, Georgia

Head Coach

Men's and Women's Cross Country and Track and Field

- Directed women's team from 3rd place finish in 2006 to four consecutive conference runner-up finishes at The Sun Conference Championship meet
- Directed men's team from 4th place finish in 2006 to three consecutive conference runner-up finishes at The Sun Conference Championship meet Highest finish in program history
- Men's team attained first NAIA top-25 ranking in program history (2011)
- Coached 20 cross country national qualifiers, 1 conference champion and 14 All-Conference runners in cross country in only five seasons
- Coached 1 All-American, 3 conference champions and 12 All-Conference runners in four years of competing in distance only events (800m, 3000m steeplechase, 5,000m, and 10,000m) in outdoor track and field
- Made SCAD track and field history by qualifying the first ever male and female runners for the NAIA Outdoor Track and Field National Championship / 12 national qualifiers
- Named 2010 The Sun Conference Women's Cross Country Coach of the Year
- NAIA National Committee Member (Hall of Fame Committee)
- Broke every men's cross country and track and field team and individual record in school history and every women's track and field team and individual record in school history

**3/2007 - 7/2012 Savannah College of Art and Design
Savannah, Georgia
Assistant Coach
Strength and Conditioning**

- Primarily worked with women's lacrosse, men's and women's tennis, and softball
- Coordinated weight room and athletic facilities schedules for all intercollegiate sports teams
- Assisted head strength and conditioning coach with speed, agility, aerobic and anaerobic program design, organization, execution and supervision of training sessions, supervising work outs, along with testing and evaluation

**8/2006 - 3/2007 Savannah College of Art and Design
Savannah, Georgia
Wellness Coordinator**

- Provided students with wellness counseling and outreach programs, which address prevention issues and support healthy stress management and life choices

- Developed and implemented exercise and fitness programs for students, faculty and staff
- Planned and coordinated health and fitness fair and student recreation and fitness orientation sessions for students, faculty and staff quarterly
- Assessed student, faculty and staff needs for lifestyle management including prevention education programs and services

2/2002 - 8/2006 **Savannah College of Art and Design**
Savannah, Georgia
Manager
Turner Fitness Center

- Responsible for preventative maintenance and repair of all cardiovascular and resistance training equipment
- Managed staff of eight employees
- Coordinated staff schedule and train staff on proper maintenance of equipment and facility
- Created and enforced safety protocol and procedures
- Instructed students on proper usage of all fitness center equipment

2/2002 - 6/2005 **Savannah College of Art and Design**
Savannah, Georgia
Assistant Coach Men's and Women's Cross Country

- Assisted head coach in instructing team during daily practice, recruiting student athletes, support academic progress of student athletes, direct community service projects, direct and coordinate team fundraising efforts
- Women's team finished 2nd and men's team finished 3rd at 2004 NAIA Region XIV Cross Country Meet. Two female runners made 2004 NAIA Nationals with one runner earning All-American status finishing 13th out of 240 runners

Certifications

Certified Strength and Conditioning Specialist (C.S.C.S.)
Certified Brazilian Jiu Jitsu second degree black belt
Modern Army Combatives Level I and II
Basic Life Support (American Heart Association)

Professional Affiliations

Member, International Brazilian Jiu Jitsu Federation (IBJJF)
Member, National Strength and Conditioning Association (NSCA)

Jiu Jitsu Achievements

First American Black Belt under Marcio "Pe De Pano" Cruz
2020 Pan No-Gi Champion
2020 American Nationals No-Gi Champion
2018 NY Pro Champion

References

The references below will gladly attest to my personal and professional work ethic, character, and abilities in higher education and collegiate athletics.

Coach Sam Carter

Director of Fitness and Head Strength and Conditioning Coach
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Professor Marcio “Pe De Pano” Cruz

(Coach, UFC vet, 2 x IBJJF absolute champion)
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Mr. Jud Damon

(Former athletic director)
Athletic Director
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Coach Mike DeWitt

Head Cross Country and Track Coach
NAIA Hall of Fame Inductee
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Dr. Stephen Gonzalez

(Former assistant coach)
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Mr. Augusta DeJuan Hathaway, M.S., C.S.C.S., S.C.C.C.

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Mrs. Tracey London

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Mr. Quin Monahan

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Mr. Brian Sell

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