

2023-2024 • Michael Marotti • Performance Plan

Status: Complete

GOALS & OBJECTIVES

Performance Goal #1

Continue to LEAD APT (Athletic Performance Team) and HPT (High Performance Team) biweekly and weekly respectively. Great insight with performance staff regarding culture and collaboration. Will continue to bring performance staff together to insure cohesion.

Comments / Coaching Notes

(none)

Performance Goal #2

Aggressively pursue the ultimate plan for enhanced physical development for football. Research and collaborate w/ top professionals monthly. 75% of team hit relative strength/power metrics off season and pre season training cycles

a Metric: 75% Standards of Excellence Testing: Competitor Level

30% Standards of Excellence Testing: Champion Level

b. Metric: 75% Relative strength power metrics

2.0 x BW squat / 1.5 x BW Bench / 2.75 x BW TBDL

Comments / Coaching Notes

(none)

Performance Goal #3

Enhance student-athlete leadership and staff leadership

- a. Metric: Weekly meetings with player leadership group during winter/summer training by Aug 1st
- b. Metric: Monthly meetings w/ performance staff during training months by Aug 1st 2024
- c.
 1. Beat TUN
 2. Get to Indy
 3. Win Big Ten
 4. Play in CFP
 5. Win Championship

Comments / Coaching Notes

(none)

Performance Goal #4

Increase transparency and leadership opportunities by giving football strength staff a platform for development and ownership through creative projects and presentations.

- a. Metric: 1 project every 3 months by Aug 1st , 2024

Comments / Coaching Notes

(none)

PROFESSIONAL DEVELOPMENT

Professional Development Goal #1

Attend CSCCA yearly conference in May 2024, attend 3 conference presentations.

Attended CSCCa May 2024, Attended 3 presentations

1. Football Yearly Training
2. GPS Monitoring

3. Transfer Portal and training

Comments / Coaching Notes

(none)

YEAR-END SELF REVIEW

Continue to LEAD APT (Athletic Performance Team) and HPT (High Performance Team) biweekly and weekly respectively. Great insight with performance staff regarding culture and collaboration. Will continue to bring performance staff together to insure cohesion.

* Have been able to aggressively pursue enhanced physical development for football. PIT meetings and research meetings with Dr Kraemer on a consistent monthly basis

* Defense achieved 41% (30% Goal) of GOLD-Champion level measurable standards this off season

achieved 80% (75% Goal) of RED-Competitor level measurable standards this off season

* Offense achieved 35% (30% Goal) of GOLD-Champion level measurable standards this off season

achieved 76% (75% Goals) of RED-Competitor level measurable standards this off season

b. Metric: 75% Relative strength power metrics

Team Lower Strength Metric 85% desired metric (75%)

Team Upper Strength Metric 42% desired metric (75%)

*Enhance student-athlete leadership and staff leadership

Metric met: Met with leadership group on a weekly basis and will continue to do so throughout the summer months

Metric met: Met with performance staff on monthly basis. Ran our "Own Clinic Seminars" and shop talk programs that provided us departmental collaboration and diversity of thought

*Failed to beat TUN/get to Indy/Win Big Ten/Win Championship

*Increase transparency and leadership opportunities by giving football staff a platform for development and ownership through creative projects and presentations.

Metric Met. Each football strength coach completed and presented 3 development projects. Completed May 2024

YEAR END PERFORMANCE RATING

Performance Exceeds Expectations

- Work is consistently efficient, accurate, reliable and, timely; is of superior quality and goes beyond the expectation of the performance objective or core competency.
- Work is a model for reflecting and supporting the values of The Ohio State University and Department of Athletics.

YEAR END MANAGER REVIEW

- Continue to foster elite level relationships with student-athletes
- Drive culture to student athletes and throughout building
- Have student-athletes mentally and physically prepared for extended season/post-season

FINAL EMPLOYEE COMMENTS

SIGNATURES

Manager: Ryan Day

Signature:

Ryan Day

6/20/24 2:26pm

Employee: Michael Marotti

Signature:

Mickey Marotti

6/20/24 4:50pm