



Co-Building the Future of Servant Leadership

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- M.S. Kinesiology (A.T. Still University, 2019)
- Certified Athletic Administrator (NIAAA, 2017)
- Strength and Conditioning Coach Certified (CSCCa, 2015)
- M.S. Sports Management (Florida State University, 2006)
- B.S. Exercise and Sport Sciences (University of Florida, 2003)

Dwan “D” Riggins, a Tallahassee Florida native, is passionate about inspiring excellence and continued development. She believes that we should never stop learning and always pursue fulfilling the plan that God has for our lives.

Riggins has worked with student-athletes as a Strength and Conditioning Coach for the past 17 years: Florida State University (6 years), Florida A&M (2 years), Maclay School (8 years), and various local, state, and international teams. Riggins also served as the Assistant Athletic Director for Maclay School for 8 years. Currently Riggins serves as a full time business owner of TayJo LLC, established in 2006.

Riggins has had the privilege of learning and training under, top professionals in Leadership and Functional/Athletic Performance, from the University of Florida, Florida State University, and the nation's elite sports performance company, EXOS. She is also a member of and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, whose mission statement boasts: *“As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application to improve athletic performance and fitness ...bridging the gap between science and application.”*

“Greatness is not defined by the one who sits at the table, but rather demonstrated through the one who is willing to serve the table.”

- Dwan Riggins