Maxwell R. Torrey, M.S., CSCS

Department of Kinesiology
Mississippi State University
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PROFESSIONAL EXPERIENCE

2026-Present ***Graduate Research Assistant,*** Athlete Engineering Institute, Mississippi State University
Mississippi State, MS

2026-Present ***Research Lab Member,*** Resistance Exercise Performance (REP) Laboratory, Department of Kinesiology, Mississippi State University
Mississippi State, MS

2024-2026 ***Graduate Teaching Assistant***, Department of Kinesiology, Mississippi State University
Mississippi State, MS

2024-2026 ***Research Lab Member***, Human Energetics and Thermoregulation (HEaT) Laboratory, Department of Kinesiology, Mississippi State University
Mississippi State, MS

2023-2024 ***CrossFit Trainer***, Carpenter Sports Building, University of Delaware
Newark, DE

2022-2024 ***Building Supervisor***, Carpenter Sports Building, University of Delaware
Newark, DE

2021-2024 ***Fitness Monitor/Supervisor***, Carpenter Sports Building, University of Delaware
Newark, DE

2023 ***BC Sport Intern,*** Branford CrossFit
Branford, CT

EDUCATION

2026-Present **Doctor of Philosophy, Exercise Science,** Mississippi State University,
Mississippi State, MS
Mentor: Dr. Benjamin Wax
Expected Graduation: May 2029

2026 **Master of Science, Exercise Physiology**, Mississippi State University, Mississippi State, MS
Mentor: Dr. Benjamin Wax
Thesis: *Effects of concurrent ingestion of creatine and caffeine on performance and cognitive outcomes*

2024 **Bachelor of Science, Exercise Science**, University of Delaware, Newark, DE

HONORS & AWARDS

1. **Third Place Poster Award**, Mississippi State University Graduate Research Symposium (2026)

PROFESSIONAL AFFILIATIONS

2026-Present American College of Sports Medicine, **Member**

2025-Present International Society of Sports Nutrition, **Member**

2024-Present National Strength and Conditioning Association, **Member**

CERTIFICATIONS

2025-Present Certified by the National Strength and Conditioning Association as **Certified Strength and Conditioning Specialist (CSCS)** on May 16, 2025

2023-Present Certified by the American Red Cross for **CPR/AED** on August 18, 2025

2023-Present Certified by CrossFit for **Level 1 Trainer** on April 8, 2023

RESEARCH PROJECTS

1. Band-ade: Physical Activity, Health, and Sweat Response Across the Marching Band Season. **Co-investigator**
2. Sex-based comparisons of thigh muscle function across the velocity spectrum. **Co-investigator**
3. Effects of concurrent supplementation of creatine and caffeine on performance and cognitive outcomes. **Student Researcher**
4. Effects of different creatine dosage supplementation on golf performance. **Co-investigator**

5. Changes in individualized emotion profiles across a multi-week high-intensity functional training competition. **Co-investigator**
6. Effects of taurine supplementation on anaerobic performance. **Co-investigator**
7. Individualized Emotion Profiles and Performance Outcomes. **Co-investigator**
8. Validation of Heat Mitigation Sensors. **Co-investigator**
9. Sex-based and shoe-based differences between differing shoe conditions in running based movements. **Co-investigator**
10. Effects of Combined and Isolated Supplementation of Taurine and Caffeine on Anaerobic Performance, Mood, and Cognition. **Co-investigator**

TEACHING EXPERIENCE

Mississippi State University, Department of Kinesiology

2026	KI 1803: Health Trends and Topics, Instructor
2025-2026	PE 1171: Strength and Conditioning, Instructor
2025	PE 1000: Play, Fitness, and Physical Activity, Instructor
2024-2026	EP 3304: Exercise Physiology Laboratory, Laboratory Instructor

PEER REVIEWED PUBLICATIONS

1. **Torrey, M.**, Searles, S., Gillen, Z.M., Mydlo, M., Hoppa, M., Hurwitz, J., Wax, B. *Changes in countermovement jump performance across the training year in Division I softball.* (Under review at the *Journal of Strength and Conditioning Research*)
2. **Torrey, M.,** & Wax, B. *Creatine Monohydrate Supplementation and Cognitive Performance: A Systematic Review and Context-Dependent Cerebral Energetics Framework.* (Under review at the *Journal of Nutritional Neuroscience*)
3. **Torrey, M.,** Khotchagrai**,** J., Wax, B. *Tart Cherry Supplementation in Ultra-Endurance Athletes: A Mechanistic Framework for Balancing Recovery and Training Adaptations*. (In preparation for submission to *Scandinavian Journal of Medicine & Science in Sports*)
4. **Torrey, M.,** Wax, B. *Week-to-Week Associations Between Countermovement Jump Performance and Batting Performance in Division I Softball Athletes.* (In preparation for submission to *Journal of Strength and Conditioning Research)*
5. **Torrey, M.,** Wax, B. *Concurrent Caffeine Ingestion Does Not Consistently Augment Physical or Cognitive Performance During Creatine Supplementation in Resistance-Trained Men.* (In preparation for submission *Journal of Strength and Conditioning Research*)

CONFERENCE PRESENTATIONS

1. **Torrey, M.,** Mydlo, M., Gillen, Z.M., Hoppa, M., Wax, B. Countermovement jump metrics demonstrate limited associations with bat performance in division I softball

players. Presented at the National Strength and Conditioning Association Conference. July 2026.

2. Horn, P., **Torrey, M.,** Gillen, Z.M., Smith, J.W., Wax, B. Effects of independent and concurrent creatine and caffeine consumption on bouts of resistance training and repeated sprint intervals. Presented at the National Strength and Conditioning Association Conference. July 2026.

3. **Torrey, M.,** Horn, P., Crowe, E., Riley, L., Smith, J.W., Gillen, Z.M., Wax, B. Effects of creatine and caffeine concurrent ingestion on cognitive, muscular endurance, and repeat bike sprint performance. Presented at the International Society of Sports Nutrition Annual Conference. June 2026.

4. Horn, P., **Torrey, M.,** Crow, E., Riley, L., Smith, J.W., Gillen, Z.M., Wax, B. Effects of creatine ingestion on body composition and strength. Presented at International Society of Sports Nutrition Annual Conference. June 2026.

5. **Torrey, M.**, Hurwitz, J., Gillen, Z.M., Mydlo, M., Hoppa, M., Wax, B. Changes in countermovement jump performance across the training year in Division I softball. Presented at the National Strength and Conditioning Association National Conference. July 2025.

6. Wax, C., **Torrey, M.**, Wax, B., Mayo, J., Lyons, B., Vickers, B. Acute citrulline supplementation fails to enhance resistance performance in Division I female athletes. Presented at the National Strength and Conditioning Association National Conference. July 2025.

OTHER PRESENTATIONS

1. Crowe, E., **Torrey, M.,** Horn, P., Riley, L., Smith, J.W., Gillen, Z.M., Wax, B. The effect of concurrent caffeine and creatine ingestion on performance during a repeated bike sprint protocol. Presented at the Mississippi State University Undergraduate Student Research Symposium. April 2026.

2. Stringer R., Chen, P., **Torrey, M.,** Lamberth, J. Relationship between hip internal rotation on club head speed in recreational golfers. Presented at the Mississippi State University Undergraduate Student Research Symposium. April 2026.

3. **Torrey, M.,** Horn, P., Crowe, E., Riley, L., Smith, J.W., Gillen, Z.M., Wax, B. Effects of creatine and caffeine ingestion on cognition, muscular endurance, and cycle ergometer sprint outcomes. Presented at the Mississippi State University Graduate Student Research Symposium. February 2026.

4. Norwood, K., **Torrey, M.,** Horn, P., Crowe, E., Riley, L., Smith, J.W., Gillen, Z.M., Wax, B. Effects of a creatine loading phase on anthropometric and strength variables.

Presented at the Mississippi State University Graduate Student Research Symposium. February 2026.

5. **Torrey, M.**, Wright, T., Hurwitz, J., Gillen, Z.M., Mydlo, M., Hoppa, M., Wax, B. Seasonal trends in countermovement jump performance among division I softball players. Presented at the Mississippi State University College of Education Graduate Student Research Showcase. April 2025.

6. Wright, T, Hurwitz, J, Gillen, ZM, Mydlo, M, Hoffman, V, **Torrey, M**, Wax, B. Quantifying collegiate soccer players' wellness: A confidence interval approach. Presented at the Mississippi State University College of Education Graduate Student Research Showcase. April 2025.

7. Horn, P, Wright, T, **Torrey, M**, Wax, C, Norwood, K, Wax, B. Citrulline supplementation shows no improvement in resistance training performance in athletic females. Presented at the Mississippi State University College of Education Graduate Student Research Showcase. April 2025.