Robert Smith

Assistant Track and Field Coach

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SUMMARY

Accomplished Assistant Track And Field Coach with 10 years of experience. Experience as a high school and college athlete, I have gained an extensive knowledge of training and injury prevention and treatment. I am looking forward to finding a challenging environment and allow me to use my education, skills and past experience in a way that is mutually beneficial to both my employers and myself and allow for future growth and advancement.

SKILLS

USTFCCCA Sprints, Hurdles, Relays Specialist & Jumping Events Specialist

WORK EXPERIENCE

Assistant Track and Field Coach

South Dakota State University - August 2009 – Present

- Coordinating the team practice and event schedules, practicing plans, and workouts for 17 student-athletes in my event area.
- Communicating with the Head Coach to create beneficial workouts in preparation for competition.
- Demonstrating/educating the athletes on proper techniques for exercises, in order to improve speed and power on the track.
- Planning official visits to the university, facilitating the campus meetings and student-athlete activates while on the visit.
- Assisting the Head Coach with the management of the student-athletes i.e practice schedule, meet management, day to day operations.
- Responsible for generating and implementing all running, lifting, and technical event workouts for all sprinters, hurdlers, horizontal jumpers, high jumpers.
- Assisting with all day to day activities necessary for managing an NCAA track field program including establishing budgets for travel, recruiting (official unofficial visits), equipment, management of home meets, and overseeing of volunteer assistant coaches.

Fitness Center Supervisor

Donald E. Young Center - August 2008 – August 2009

- Responsible for recruiting athletically and academically proficient athletes to compete at the Division I level while being able to successfully manage the academic course loads provided at a prestigious academic institution.
- Assisted the Head Coach with various aspects of the program such as practice and meet schedules, composed event specific workouts and training regimens and coordinated transportation to competition sites.
- Worked with a group of 20 to 30 student-athletes on running and lifting techniques, strength and conditioning drills and understanding the fundamentals of the sport.
- Communicated the rules and procedures of the relevant sports by conducting training workshops to enable better learning.
- Motivated the student-athletes to participate in different contests to develop and prepare themselves and get an edge over the competitors.
- Created postcards, brochures, and social media posts to raise awareness for recruiting efforts and track and field camps.
- Researched, created, and implemented seven-month running and 12-month weight room plans for 64 student-athletes.

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EDUCATION

Bachelors Of Science in Wellness Management - September 2006 to May 2008(Black Hills State University - Spearfish, SD)Kinesiology - September 2002 to May 2005(University Of Wyoming - Laramie, WY)

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