

Robert Smith

Assistant Track Coach

PERSONAL STATEMENT

Over 2 years of strong experience as an Assistant Track Coach. Effective communication skills, and comfortable in interacting with all groups in an organization. Good at multi-tasking and prioritizing. Adept in analyzing problems, then formulating solutions. Expert in making quick and sudden decisions.

WORK EXPERIENCE

Assistant Track Coach

ABC Corporation - 2012 - 2014

Responsibilities:

- Planned/directed physical fitness programs that maximized the performance of 60 students.
- Oversaw annual operational budget of \$6k.
- Mentored 25 students to win regional track meets and qualify for state level competition.
- Successfully organized logistics and resource support for 3 Track Meets.
- Created strength and conditioning programs for all athletes.
- Taught athletes proper use of exercise equipment.
- Taught risk management and safety techniques in regards to weight lifting and throwing.

Assistant Track Coach

Delta Corporation - 2009 - 2013

Responsibilities:

- Planning, supervised practices, assist, guide, and motivate athletes.
- Sprints and short relays focus with attention to technique and training strategy.
- Personal development of athletes and young adults remains highly important beyond momentary performance.
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- Personal development of athletes and young adults remains highly important beyond momentary performance.
- Designed running, plyometric sprint and weight-training programs for the long and triple jumpers as well as coordinating initial recruitment.
- Taught all techniques in the discus event.

Education

Health & Wellness - (Gardner-Webb University)

CONTACT DETAILS

1737 Marshville Road,
Alabama
(123)-456-7899
info@qwikresume.com
www.qwikresume.com

SKILLS

Operations
Management,
Community Outreach,
Strategic Problem
Solving, Team Building.

LANGUAGES

English (Native)
French (Professional)
Spanish (Professional)

INTERESTS

Climbing
Snowboarding
Cooking
Reading

REFERENCES

Reference - 1 (Company
Name)
Reference - 2 (Company
Name)