



MASON WILSON

Senior Track And Field Coach

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PROFESSIONAL SUMMARY

As a seasoned Track and Field Coach with 7 years of experience, I specialize in athlete development through innovative training programs and performance analysis. My commitment to fostering a culture of teamwork and discipline empowers student-athletes to excel both on and off the track. I aim to inspire a new generation of athletes while driving competitive success and community engagement.

WORK EXPERIENCE

Senior Track And Field Coach

📅 Apr / 2020-Ongoing

WidgetWorks Inc.

📍 Denver, CO

1. Designed and led training sessions for athletes in grades 5-10, focusing on skill development and performance enhancement.
2. Developed age-appropriate practices that cater to varying skill levels, ensuring inclusivity and effective learning.
3. Assigned athletes to appropriate events, ensuring compliance with all competition rules and regulations.
4. Provided constructive feedback and motivation to athletes after competitions to foster growth and resilience.
5. Created comprehensive workout plans including drills and skill progressions tailored to individual athlete needs.
6. Conducted evaluations of fundamental skills and provided targeted coaching to improve technique.
7. Analyzed competitor performance to devise strategic approaches for upcoming meets, enhancing team competitiveness.

Track And Field Coach

📅 Apr / 2018-Apr / 2020

Crescent Moon Design

📍 Portland, OR

1. Instilled a strong work ethic and dedication among athletes, motivating them to excel in both sports and academics.
2. Implemented effective teaching techniques to enhance athletes' skills in their specific events.
3. Led a diverse team of 50 athletes, fostering a culture of teamwork and mutual support.
4. Cultivated an environment of integrity, promoting life lessons through athletics.
5. Guided young athletes to develop leadership qualities, empathy, and a pursuit of excellence.
6. Served as an assistant coach to enhance the training of a group of 25 young adults aged 15-18.

EDUCATION

Bachelor of Science in Kinesiology

📅 Apr / 2016-Apr / 2018

University of Florida

📍 Chicago, IL

Focused on sports science, coaching methodologies, and athlete performance.

SKILLS

Public Speaking



Flexibility Training



Youth Coaching



Parent Communication



Mental Toughness Training



Crisis Management



INTERESTS

📖 Reading

🦋 Birdwatching

📝 Blogging

🦋 Wildlife Conservation

STRENGTHS

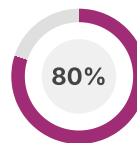
📖 Wisdom

👁️ Vision

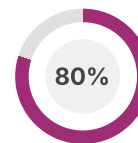
🔮 Intuition

🛡️ Courage

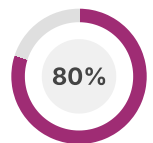
LANGUAGES



English



Japanese



Polish

ACHIEVEMENTS

🌟 Developed and implemented training programs leading to a 30% increase in team performance at regional competitions.

🌟 Mentored athletes resulting in 5 state championships and multiple individual awards over 3 seasons.