
Gymnastics Coach Resume

Job Objective

Looking for the job of Gymnastics coach where I can utilize my skills in coaching and develop various training programs to increase the strength and stamina of athletes.

Summary of Qualifications:

- Wide knowledge of exercise techniques.
 - Profound knowledge of gymnastic equipment.
 - Strong ability to monitor practice sessions and exercises.
 - Broad working knowledge of instructing modern gymnastic skills.
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Work Experience:

- Gymnastics Coach, 2007 – Present
 - Wilbur Cross High School, CT
 - Developed and implemented health and wellness programs.
 - Instructed fitness, gymnastic activities and techniques.
 - Coached with gymnastics equipment such as trampolines and weights.
 - Instructed physical movement activities such as lifting, bending, walking with arms and hands.
 - Taught several exercise activities such as stretching, cardiovascular exercise, strength training and warm ups.
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Education:

B.S in Fitness Exercise, 2005, Utah State University
M.S in Gymnastics Coach Certification, 2007, West Virginia University

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