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## Track Coach Resume

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### Job Objective

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Seeking an opportunity as a Track coach so as to fully utilize my coaching skills.

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### Work Experience:

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- Track Coach, 2007 – Present
  - Wilbur Cross High School, CT
  - Trained athletes in high jump, Long jump, short and mid distance sprints.
  - Maintained good relationships with athletes and athletic directors.
  - Coached the long and middle distance runners.
  - Conducted athlete conditioning classes.
  - Organized walk-jog- run programs and fitness seminars.
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### Summary of Qualifications:

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- Wide knowledge in the areas of triple jump, hurdles and high jump
  - Solid knowledge in energy and environmental issues topics
  - Extended ability to conduct fitness seminars
  - Immense ability to develop on line training plans for the beginning runners
  - Strength, speed, balance, stamina and flexibility
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### Education:

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B.S in Physical Education, 2005, Alcon State University M.S in Sports Leadership, 2007, Ohio State University

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