

# DANTE RAMIREZ

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## EDUCATION

American Public University, Charles Town, West Virginia

**MASTER OF SCIENCE: SPORT MANAGEMENT**

2021

Utah Valley University, Orem, Utah


**BACHELOR OF ARTS: DEAF STUDIES**





2018

## COACHING CERTIFICATIONS


- CrossFit Level 1 Trainer, CrossFit ('18)
- Certified Sports Nutrition Specialist, National Exercise & Sports Trainers Association ('18)
- Certified Sport Injury Specialist, National Exercise & Sports Trainer Association ('18)
- Certified Sport Performance Specialist, American Council on Exercise ('18)
- Certified Speed, Agility & Quickness Specialist, National Exercise & Sports Trainers Association ('18)
- Certified Youth Performance Coach, Spencer Institute ('18)
- Certified Sports Psychology Coach, Spencer Institute ('18)
- Certified Personal Fitness Trainer: Professional Level, World Instructor Training School ('12)

## COACHING BACKGROUND


 <p>WASATCH FRONT WAR EAGLES</p>	<p><b>August 2022-December 2022</b> <b>Gridiron University, Saint George, UT</b> <b>Head Football Coach</b> <b>Offensive Coordinator/Quarterback/Special Team Coordinator/</b></p> <ul style="list-style-type: none"><li>• <b>Member of Rocky Mountain Prep Conference</b></li><li>• <b>First year established program by using Gridiron University Brotherhood Brand</b></li><li>• <b>Recruiting players from high schools from age 17-21</b></li><li>• <b>Established team against other 12 teams from elite level</b></li></ul>
	<p><b>April 2022-August 2022</b> <b>UTAH SCHOOL FOR THE DEAF, Salt Lake City, UT</b> <b>Coed Head Football Coach</b> <b>Offensive Coordinator/Quarterback/Special Team Coordinator/</b></p> <ul style="list-style-type: none"><li>• <b>First year established program at Utah School for the Deaf</b></li><li>• <b>Designed powerful defensive and offensive plans</b></li><li>• <b>Developed offensive playbooks</b></li><li>• <b>Trained athletes and guided them to elite level</b></li></ul>
	<p><b>May 2021-August 2021</b> <b>SALT LAKE SENATE FOOTBALL, Salt Lake City, UT</b> <b>Minor Professional Football</b> <b>SPECIAL TEAM COORINDATOR and OFFENSIVE ANALYST</b></p> <ul style="list-style-type: none"><li>• <b>Lead team 7-1 (.875%)</b></li><li>• <b>PF: 275 PA: 34</b></li><li>• <b>Member under GDFL (Gridiron Developmental Football League)</b></li><li>• <b>Charge in Special Team and Offensive Analyst</b></li><li>• <b>First year team on GDFL league and ranked #2 in nation for 8 weeks in row</b></li><li>• <b>Experienced coach with outstanding communication and motivational skills both on and off the field</b></li><li>• <b>Good at encouraging players to always push for greatest achievement</b></li><li>• <b>Offensive Analyst to study correct routes/steps/plays. And study opponents to prepare for game and accomplished 7-1 games.</b></li></ul>

	<p><b>Dec 2020-May 2021</b> <b>AMERICAN FORK HIGH SCHOOL, American Fork, UT</b>  <b>BOYS LACROSSE ASSISTANT COACH</b>  <b>DEFENSIVE AND GOALIE COACH</b></p> <ul style="list-style-type: none"> <li>• Lead team 9-5 (.64%)</li> <li>• Developed a group improved from last year</li> <li>• Goalie save .682%</li> <li>• Defensive performance 4.8%</li> <li>• Last 2 years, increased PF:120 PA:63</li> </ul>
	<p><b>May 2020-Nov 2020</b> <b>CYPRUS HIGH SCHOOL, Magna, UT</b>  <b>VARSITY WIDE RECEIVERS COACH</b></p> <ul style="list-style-type: none"> <li>• Developed a group of wide receivers who did not start in '19 but all started in '20</li> <li>• Increased yard per catch by 8% in my first year</li> <li>• Instruct players to meet the goals set by the Head Coach</li> <li>• Outstanding communication and motivation skills both on and off the field</li> <li>• Excellent with the development of team budgets</li> </ul>
	<p><b>Feb 2019-Nov 2019</b> <b>CEDAR VALLEY HIGH SCHOOL, Eagle Mountain, UT</b>  <b>FRESHMAN/JV SPECIAL TEAMS COORDINATOR/RUNNING BACK COACH</b></p> <ul style="list-style-type: none"> <li>• Helped to develop six frosh and JV players for the Varsity program</li> <li>• Varsity kick returners averaged 14.5 yards per kick return</li> <li>• Punter averaged 38.5 with a long of 56 yards</li> <li>• PAT kicker was 80% good</li> <li>• Arranged for supplied and equipment from local vendors</li> <li>• Oversaw the set up and tear down of equipment for home games and competitions</li> <li>• Developed playbook and signals with the OC/DC</li> </ul>
	<p><b>Oct 2018-Feb 2019</b> <b>UTAH SCHOOL FOR THE DEAF, Salt Lake City, UT</b>  <b>ASSISTANT VARSITY BOYS BASKETBALL COACH</b></p> <ul style="list-style-type: none"> <li>• Helped to develop many freshmen for the team; 8 out of 13 were freshmen</li> <li>• Two of our seniors earned postseason awards: most steals and sportsmanship</li> <li>• All 5 freshman under my leadership won postseason awards</li> <li>• Provide assistance in scouting athletes by assessing their individual abilities</li> <li>• Work with individual students to help them overcome their weaknesses</li> <li>• Instruct players to meet the goals set by head coach</li> </ul>

## FITNESS TRAINING EXPERIENCE

	<p><b>Jan 2016-Present</b> <b>WHAT FITNESS, UT</b>  <b>OWNER/TRAINER/COACH</b></p> <ul style="list-style-type: none"> <li>• Design and implement fitness programs and protocols with clients, recruit new client form current and new membership bases</li> <li>• Conduct monthly follow ups with clients to make sure they are following their nutrition and fitness protocols</li> <li>• Evaluate client's physical conditions and plan exercise routines to match their body</li> <li>• Mentor clients one-on-one basis and in groups with members</li> <li>• Educate clients on healthy eating habits and an active lifestyle</li> </ul>
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## COLLEGIATE PLAYING EXPERIENCE

	<p><b>2009-2013</b> <b>UTAH VALLEY UNIVERSITY, Orem, UT</b>  <b>STUDENT-ATHLETE</b></p> <ul style="list-style-type: none"> <li>• Played defense for the Lacrosse team</li> </ul>
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# REFERENCES

## Professional References

Stephanie Carter, Rocky Mountain Prep Conference  
Recruiting Coordinator  
Ph: 435-215-8145  
[stephanie@giufootball.com](mailto:stephanie@giufootball.com)

Jared Van Yperen, Salt Lake Senate Football  
Owner/President  
Ph: 435-232-3959  
[jared@senatefootball.com](mailto:jared@senatefootball.com)

Coach Tyson Poole, American Fork High School  
Head Coach for Boys Lacrosse  
801-633-7703  
[tpoole@alpinedistrict.org](mailto:tpoole@alpinedistrict.org)

Robert E. McDaniel, Cyprus High School  
Principal  
385-646-5300  
[remcdaniel@graniteschools.org](mailto:remcdaniel@graniteschools.org)

Coach Weston Zabriskie, Cedar Valley High School  
Head Football Coach,  
435-770-7196  
[wzabriskie@alpinedistrict.org](mailto:wzabriskie@alpinedistrict.org)

## Character References:

Dale Boam (long-time family friend and lawyer)  
801-815-2547  
[dboam@comcast.net](mailto:dboam@comcast.net)

Eli Herring (Old teacher/Coach)  
801-494-9497  
[eherring@alpinedistrict.org](mailto:eherring@alpinedistrict.org)

Jermey Evans (Good friend and CrossFit Coach)  
801-885-4506  
[admin@crossfit1976.com](mailto:admin@crossfit1976.com)