




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

FITNESS TRAINING EXPERIENCE

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

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