
SUMMARY

- Bachelor's degree in kinesiology with certifications through NSCA and NASM.
- Extensive experience as a leader in team basketball coaching, fitness training, business owning, and classroom teaching.
- Skilled in program design, analyzing data to make evidence-based decisions, and leading individuals and groups to achieve goals.

EDUCATION

Certified Strength & Conditioning Specialist (CSCS)

National Strength & Conditioning Association (NSCA)

June 2021

Certified Personal Trainer

National Academy of Sports Medicine (NASM)

2013, 2015, 2019

Bachelors of Science – Kinesiology (Physical Education Teacher Education)

California State University, Sacramento

Cumulative GPA: 3.76, Cum Laude Honors

December 2017

Performance Enhancement Specialist

National Academy of Sports Medicine (NASM)

October 2015

Dual Associates of Science -- Kinesiology (Coaching and Sports Management)

Diablo Valley College

Cumulative GPA: 3.8, Cum Laude Honors

May 2015

COACHING & FITNESS EXPERIENCE

Assistant Coach/Strength & Conditioning Coach

April 2021 - PRESENT

Men's Basketball, Phoenix College, Phoenix, AZ

- Lead the strength & conditioning program for Men's Basketball.
- Teach proper form for strength & conditioning exercises to groups of 18 student-athletes during team training sessions.
- Assist the head coach in the planning and execution of practice, games, recruiting, and individual player development.

Owner

March 2013-PRESENT

Premier Basketball & Fitness Training, Phoenix, AZ

- Lead strength, conditioning, and basketball skills group exercise classes for multiple populations.
- Coach 1/1 and small group player development sessions for basketball players to improve their basketball skills and IQ through skills practice, film analysis, and decision training using small-sided games.
- Create in-person and online personalized training programs for fitness clients of all ages, levels, and populations (athletes, seniors, general population) to meet their respective goals.
- Manage all aspects of the business including marketing, product development, business operations, and more.

Assistant Coach/Strength & Conditioning Coach

April 2020 - April 2021

Men's Basketball, Merritt College, Oakland, CA

- Conduct player development sessions in individual and small group formats using isolated skill practice, decision training, and film analysis.
- Create a periodized strength & conditioning program, and coach training sessions with athletes of the Men's Basketball team.
- Lead strength & conditioning workouts via zoom during COVID-19 shelter-in-place.

Personal Trainer Elite

November 2019 - April 2020

24 Hour Fitness (Fulton), Sacramento, CA

- Created personalized training programs for clients based on health & fitness history, body composition data, and observational data on a continual basis.
- Started and led a senior women's small group strength training class.
- Generated leads and sold training packages to gym members.

Assistant Coach**June 2019 - April 2020****Varsity Boys Basketball, Christian Brothers High School, Sacramento, CA**

- Created opponent scouting reports based on film and data.
- Led on-court skill sessions with guards and wings, three of whom received Capital Athletic League 1st, 2nd, and HM accolades.
- Head coached 14u Sacramento Gaels Club feeder team using a combination of games-based teaching, basketball decision training, and block & randomized skill practice.
- Co-directed youth winter camps with 40+ attendees per camp.

Head Coach & Program Director**June 2017-June 2019****Varsity Boys Basketball, Alexander Twilight Secondary Academy, Sacramento, CA**

- Started the first varsity boys basketball team in school history.
- Reduced team member demerits in 2018-19 season by 40% at a Title I charter school using self-management strategies.
- Raised \$1,200 in 3/3 Basketball Tournament and T-Shirt Fundraisers.
- Collaborated with the athletic director to create a budget for equipment and travel, as well as a game and practice schedule that coordinated the facility schedule of one gym between six teams.
- Mentored middle school team coaches through staff professional development sessions, coaching feedback, and practice plan collaboration

Head Coach**September 2015-June 2017****10u and 13u Boys Teams, All-Net Basketball Club, El Dorado Hills, CA**

- Led the development of the 10u and 13u boys basketball teams through practices and games.

Undergraduate Manager**June 2015-June 2017****Men's Basketball, Sacramento State University, Sacramento, CA**

- Assisted the coaching staff with administrative tasks, including organizing recruiting paperwork, operating the teams email account, editing film, coordinating fundraising events, and researching travel arrangements.
- Assisted coaches in on-court position skill sessions in small and large group settings.
- Tracked various points of data during practices and games.
- Assembled basketball hoops and cleaned floors before and after practices.

Student Assistant**May 2014-June 2015****Men's Basketball, Diablo Valley College, Pleasant Hill, CA**

- Assisted the head coach in the execution of practice and game plans.
- Conducted small group skills sessions for wing and post players.

League Director**May 2014-June 2015****Youth Division, NorCal Youth Basketball League, Martinez, CA**

- Director of the 40-team NorCal Youth Basketball League (NYBL).
- Directed daily operations of NYBL which included supervising scorekeepers and referees, generating game schedules, maintaining relationships with coaches and program directors.
- Organized inaugural *NorCal Courts Coaches Clinic* that brought together local coaches from the high school and collegiate levels as presenters to coaches from the NYBL league.

Assistant Coach**January 2013-May 2015****Junior Varsity Boys Basketball, College Park High School, Pleasant Hill, CA**

- Assisted the head coach in the execution of practice and game plans.
- Conducted small group skills sessions for guards.

Director of Skills Training/Head Coach**January 2013-May 2015****13u and 17u Boys Teams, NorCal Prep Basketball Club, Martinez, CA**

- Created practice plans that address psychomotor, cognitive, and affective domains.
- Won a total of six local tournament championships between the two teams.
- Coached four players from the 17u team that went on to play college basketball at various levels.
- Directed NorCal Prep Basketball Club camps, clinics, and summer league.

Youth Basketball Coach**August 2012-January 2013****High Street Boys & Girls Club, Oakland, CA**

- Head coached 13u boys team.
- Led skill development sessions for boys and girls ages 8-14.
- Supervised up to 50 children with assistance of one other instructor.

RELATED LEADERSHIP EXPERIENCE

Co-Creator, Co-Director

August 2020 - PRESENT

Coaches for Change, Contra Costa County, CA

- Co-created a basketball community service group of local youth coaches in the Contra Costa County area that operates under the name *Coaches for Change*.
- Co-Directed the Basketball & Financial Literacy Camp on Oct. 24 - 25 that brought together 21 youth basketball players for a basketball camp that included financial literacy info taught by a financial educator.
- Raised \$545 for a scholarship fund that provided full-scholarships for two high-need campers to attend the Basketball & Financial Literacy Camp.\

7th Grade Humanities Teacher

August 2018-June 2019

Alexander Twilight Secondary Academy, Sacramento, CA

- Created and executed lesson plans and unit plans that prepare classes of 32 students to meet content standards.
- Tracked data of student progress and achievement towards CCSS standards and learning goals.
- Managed classroom environment to be conducive to learning.

PLAYING EXPERIENCE

Basketball Player, Men's Basketball

June 2012-September 2013

Los Medanos College, Pittsburg, CA

- Played guard and forward in a Dribble Drive Motion Offense and run & jump defense.
- Played three games before two season-ending ACL injuries.

Basketball Player, Men's Basketball

June 2011-May 2012

Diablo Valley College, Pleasant Hill, CA

- Redshirt season on a playoff team that was ranked #1 in state.

Basketball Player, Boys Basketball

September 2007-June 2011

College Park High School, Pleasant Hill, CA

- Captain senior year.
- Started 54 straight games between junior and senior seasons.
- Led team in steals, and was second in points, assists, rebounds, and blocks in senior season.
- Team DPOY (2010) and MVP (2011).
- DVAL champion (2010).
- Helped lead the team to back-to-back playoff games for the first time in 10 years.