



Sample Resume

Develop, Mentor, & Motivate Players at Competitive Levels

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EXECUTIVE SUMMARY

A 17-year *military veteran* with ample experience in competitive basketball, player development, leadership, and Cross-Functional Management. I was appointed to the All-Marine team from 1998 – 2000, where I averaged 25 pts a game as a point guard and led my teams in steals and assists. From 1997 - 2003, I played on the Varsity team with the USMC and quickly earned several MVP awards as well as having the opportunity to play with outstanding athletes such as *Julian Sensley*, *Matt Santangelo*, *Chris Chambers*, *J.R. Bremer*, *Tony Fisher*, and *Steve Logan*. In 2006 – 2015, I earned a starting position on the USA team where I gained sufficient strategic knowledge of being competitive and the beauty of truly understanding the game from both a player and coach perspective. I trained and developed notable players like *James Wiseman* (#1 ESPN 100), *D.J. Jeffries* (#24 ESPN 100), *Tony Harris* (currently on the University of Memphis Tiger Roster) and *Chris Chiozza* (currently on the Houston Rockets). My sole purpose and passion in life are to utilize my experience and skill sets, to train, encourage and motivate each Athlete in becoming all they aspire to be.

Coaching Competencies

- Transactional Coaching
- Strategic Planning
- Strength Training
- Effective Communication
- Player Development
- Personal Motivation
- Strong Leadership
- Health Nutrition
- Behavior Support



COACHING & TRAINING EXPERIENCE

- Movement preparation
- On-court positional basketball skill training
- Athletic testing & body-composition evaluation
- Defensive drills
- Shooting drills
- Team practice times
- Team-building exercises
- Live games against high-level players
- Leadership development
- Intense small group training
- 5-on-5 drills
- Strength & Conditioning; power, speed, agility, flexibility, injury prevention
- Integrated 1 on 1 instruction
- Nutrition education
- Specialized athletic performance & strength training
- Data driven performance analysis
- Video analysis & film study
- Stretching & warm-ups

Programs & Camps

- Penny Hardaway Camp
- Thaddeus Young Camp
- Larry Finch Camp



As the Assistant Coach, I trained James Wiseman (#1 ESPN 100), D.J. Jeffries (#24 ESPN 100), Tony Harris (currently on the University of Memphis Tiger Roster) and Chris Chiozza (currently on the Houston Rockets). Specialized in Strength & Conditioning/Stretching (Memphis, TN).



COACHING OVERVIEW

**CORDOVA HIGH SCHOOL GIRLS
BASKETBALL**
CORDOVA, TN
2017 - 2018

Coached and trained a group of talented girls with a healthy competitive approach leading them through instructional drills, games and competitions throughout the day while providing motivation, and inspiration to help them improve in sports and grow in life.

- Developed goals for each level of the program
- Provided/Created nutritional plans for team
- Studied films and other prospects
- Became a positive and visible member of the community
- Communicated with other head coaches regarding program development and the sharing of athletes
- Worked to maintain a positive working relationship with parents

**STREET YOUTH MINISTRIES (SYM, 5TH AND
6TH GRADE BOYS)**
MEMPHIS, TN
2016 - 2017

Coached at risk youths (13 - 26) recreation leagues and played a critical role in player development as well as establishing schedules and programs for the department.

- Provided leadership, support, and development of teams, guests and community relations, financial performance with company standards at the forefront
- Customer relationship management as a parent liaison
- Provided written evaluations and notes to campers that aid in direction
- Taught various aspects of basketball to youth utilizing the SYM basketball curriculum
- Focused on teaching footwork, ball handling, shooting technique, defense, and team play and more.
- Elevated the confidence/skills of each and every player

HEAD COACH
SCHLOFIELD, HI
2011 - 2014

Sole control of mens intramural operations for the US Army. Provided skill instruction, and assisted in practice planning, game preparation, and film breakdown.

- Recruited process from identifying qualified prospects
- Perform some administrative duties along with public relations duties as assigned
- Trained and customized individual drills to capitalize on weakness and strength of the players
- Inventory of all equipment and uniforms

HEAD COACH
SAN DIEGO, CA
1998 - 1999

Coached men basketball team with an emphasis in: Strength & Power, Speed, Teamwork, Mental & Health Fitness and Leadership.

- Developed physical and mental fitness strategies
- Speed training (linear acceleration, maximum velocity, lateral movement)
- Multi-directional movement and agility
- taught the strategy of 5 on 5 basketball
- Nutrition (the performance plate, pre-competition fueling, recovery, fueling timelines, hydration)



EDUCATION

**MASTERS OF SCIENCE - SPORTS
MANAGEMENT/ SPORTS ADMINISTRATION**
AMERICAN MILITARY UNIVERSITY
12/2017 - PRESENT

Gained an understanding of sports administration, coaching theory and strategy, and business skills such as marketing, promotion, public relations, and finance.

- **GPA: 3.75**
- **Dean's List**
- **Member of the National Honors Society**

**BACHELOR OF ARTS - ENTREPRENEURSHIP/
FOOD AND BEVERAGE**
AMERICAN MILITARY UNIVERSITY
05/2016 - 11/2017

Studied idea generation, marketing, management, operations, capital funding, and the legal aspects of beginning a new venture.

**ASSOCIATES OF ARTS - HOSPITALITY
MANAGEMENT/ RESTAURANT OPERATIONS
MANAGEMENT**
AMERICAN MILITARY UNIVERSITY
04/2012 - 02/2016

This program is designed to increase your understanding of proper operational procedures including: purchasing and storage; food service sanitation; food preparation; legal and insurance requirements; and marketing and sales.



PERSONAL NOTABLE AWARDS

- *2011* earned second place with Mens Basketball Team, Schlofield, HI.,
- *2006 - 2007* Leading Scorer for Fort Sill Basketball Team with Avg of 25.5ppg
- MVP *2002* Summer Marine Corps Tournament in K-Bay Hawaii
- Season Co-MVP of *1996 -1997* basketball team Beachwood High School, Beachwood, Ohio
- 5x 3pt champion in USMC(2x), USA(2x), Hope Christian Church
- Scored *54* points in *1998* USMC intramural game in San Diego at the Marine Corps Recruit Depot



INTERESTS

- Youth Enhancement
- Volunteer Work
- Mental Conditioning
- Sports Agency/Administrative Work
- Player Development
- Team Building
- Nutrition/Healthy Lifestyle
- Confidence & Control
- Decision Making