

William Caraway

Personal Trainer

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Summary

Goal-oriented entry-level personal trainer with a BSc in Sports Management. Division I student-athlete, captain and QB of the University of Minnesota football team. Led the team to 20 victories, achieved a 119+ passer rating and scored 90+ passing touchdowns in 4 seasons. Seeking to apply my theoretical knowledge and proven workout techniques to helping Good Vibe Gym's clients achieve their fitness goals in healthy, efficient ways.

Experience

NCAA Division I Football Team Captain

University of Minnesota

September 2019–May 2021

Led the team to 20 victories, achieving an >80% win percentage. Supported 4 team members with their individual training schedules, ensuring that they met 100% of their personal goals. Assisted the coach with targeted diet planning for the team and with scheduling 10+ hours of practice/week. Maintained a positive attitude and ensured open communication within the team.

NCAA Division I Football Team Quarterback

University of Minnesota

June 2016–May 2021

Achieved a 119+ passer rating. Reached 90+ passing touchdowns (1.5 per game on average). Maintained a 5,000-calorie, high-protein diet and completed 3.5 hours of training daily. Elected team captain after 2 seasons as QB.

Education

BSc in Sport Management, University of Minnesota

2016–2021

Skills

- Conditioning & Weight loss
- Diet planning
- Communication
- Leadership
- Teamwork
- Problem-solving
- Negotiation
- Time management
- Analytical skills
- Detail-oriented

Languages

- American English - Native
- Spanish - Intermediate