

William Caraway

Personal Trainer

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

2019-09 - NCAA Division I Football Team Captain

University of Minnesota

Key Qualifications & Responsibilities

- 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.

2016-06 - NCAA Division I Football Team Quarterback

University of Minnesota

- 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

2016 - BSc in Sport Management, University of Minnesota

- Achieved a 3.5 GPA
- Active member of the Sports Analytics Club
- Relevant coursework: Conditioning, Weight Training, Lifetime Health and Wellness, Sport and Exercise Psychology

Personal Info

Phone

303-712-8802

E-mail

will.j.caraway@gmail.com

Twitter

twitter.com/will.j.caraway

Skills

Conditioning & Weight loss

Diet planning

Communication

Leadership

Teamwork

Problem-solving

Negotiation

Time management

Analytical skills

Detail-oriented

Languages

American English



Native

Spanish



Intermediate