

David Wilson

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Objective

A committed and results-driven Assistant Coach with 7 years of experience in guiding athletes to reach their full potential. Skilled in training, mentoring, and motivating individuals to improve their performance in various sports. Passionate about creating positive and dynamic training environments.

Professional Experience

Assistant Coach

City Sports Academy — City, Country

April 2017 – Present

- Assisted the head coach in developing and implementing training plans for athletes.
- Provided individual coaching sessions, focusing on improving skills and fitness.
- Monitored athletes' progress and provided regular feedback to help them achieve their goals.
- Played a key role in organizing and managing training schedules and events.

Sports Trainer

Fitness Center — City, Country

June 2014 – March 2017

- Delivered fitness classes and personal training sessions for clients.
 - Developed personalized fitness and training plans for a range of clients, from beginners to advanced athletes.
 - Guided clients on maintaining fitness and healthy lifestyles.
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Education

Bachelor of Science in Sports Science

University of City — City, Country

Graduated in 2014

Skills

- Sports Coaching & Mentorship
- Performance Monitoring & Analysis
- Strength & Conditioning

- Team Management
 - Sports Psychology
 - CPR & First Aid Certified
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