

**Jane Smith**

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## Objective

A passionate and dedicated Junior Coach with over 5 years of experience helping athletes achieve their fitness and sports goals. Adept at designing training programs, offering personalized coaching, and fostering an environment of teamwork and motivation.

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## Professional Experience

### Junior Coach

*XYZ Sports Club — City, Country*

*June 2018 – Present*

- Designed and implemented fitness and sports programs for junior athletes.
- Provided one-on-one coaching and feedback to help athletes improve their performance.
- Collaborated with senior coaches to develop training plans and manage teams.
- Assisted in organizing club events and competitions.

### Fitness Instructor

*ABC Gym — City, Country*

*January 2015 – May 2018*

- Conducted fitness classes for individuals and small groups.
  - Developed personalized fitness plans for clients to meet their health and fitness goals.
  - Guided clients on proper exercise techniques and healthy lifestyle choices.
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## Education

### Bachelor of Science in Physical Education

*University of City — City, Country*

*Graduated in 2014*

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## Skills

- Athlete Training & Development
- Team Leadership & Motivation
- Fitness Program Design
- Sports Nutrition Knowledge
- Event Planning & Coordination
- CPR & First Aid Certified

