
Skyler Hollingsworth

CSCS

Phoenix, Az
623.341.1561
skyler.hollingsworth@gccaz.edu

Skills

Proficient in the following software programs: Microsoft Word, Microsoft PowerPoint, and Microsoft Excel.

Teach, train, and motivate athletes in effectively accomplishing goals and objectives.

Communicate with athletes on proper technique and usage of machines and weight equipment.

Knowledgeable and proficient in creating workout programs for a variety of different athletes.

Ability to create spreadsheets to organize data and follow weightlifting records and progress of all athletes.

Experience

Glendale Community College / Strength Coach- Sports Lab Tech - Group Fitness Instructor - Adjunct Faculty

December 2013 - PRESENT, Glendale, Az

Glendale Community College has helped me to create and manage data that I used to help periodize workouts for the athletes I worked with.

The MMA LAB / Office Manager- Assistant Strength Coach

August 2011 - February 2020, Phoenix, Az

The MMA LAB has put me in a position to have experience working with professional and amateur mma athletes from various organizations. Such as, UFC and Bellator as well as local promotions in Arizona. Other responsibilities were to track membership sales and track profit and loss for the MMA LAB.

Self Employed / Personal Trainer

December 2011 - PRESENT, Phoenix, AZ

Being a personal trainer has helped me work with diverse populations with different goals and how to communicate in a one on one setting.

Cincinnati Reds/ Intern

February 2010 - April 2010, Goodyear, AZ

Worked with the team in the front desk during spring training. I worked on small tasks like handling mail to working the scoreboard for one of the spring training games.

Globetrotters/ Intern

November 2008 - June 2009, Phoenix, AZ

As an intern, I worked on meet and greet packages and communicating with box offices around the nation to reserve vip tickets for priority guests. I helped create a final recap for ticket sales and profit.

Education

Arizona State University / Bachelor Degree in Exercise Science

Graduated from ASU as an Exercise Science Major with an emphasis on sports performance.

Estrella Mountain Community College / Associate Degree in Business

Graduated from Estrella Community College with my associates degree. While at EMCC I earned a certificate in Lodging and Hotel Management and a certificate in Organizational Leadership.

Certifications

NSCA CSCS

ACE Personal Trainer

TRX Completion Certification

CPR Certification American Heart Association

Python For Everybody Specialization Michigan University

CareerFoundry Full Stack Web Development (in progress)
