

Lucas Lopez
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HEAD GIRLS BASKETBALL COACH

Summary

Former collegiate student-athlete with advanced training in athletics and coaching who aims to inspire others to commit to long-term health & fitness and/or sports/performance goals. Brings extensive knowledge, personal experience, and education in fitness, human performance, and exercise science.

Resourceful, goal-oriented Sports and Fitness Professional who offers a comprehensive background in exercise physiology, sports medicine, injury prevention, and specializes in sport-specific training for basketball.

Qualified Fitness Coach equipped with a plethora of motivational techniques and technical skills necessary to engage clients and achieve results.

Well-versed in establishing client trust, developing relationships, making connections, and exceeding expectations.

Energetic Fitness professional who retains sound, quality leadership skills; possesses strong mentoring ability and remains adept at dynamic interpersonal communication. Equipped to support the mission of any athletic program or health & wellness organization.

Highlights

Athletic Coach - Basketball, Fitness, Flag Football

Certified Fitness Trainer - [

Aerobic & Fitness Association of America (AFFA

)]

CPR/AED Certified [

American Safety & Health Institute, American Heart Association

]

Safety & First Aid Certification [

American Safety & Health Institute

]

Sports medicine & human anatomy

knowledge

Strength/Performance coach

Health & wellness expert

Fitness equipment expertise

Program design specialist

Nutrition adviser

SAQ authority

Qualifications

Excellent employment record. Exemplify great work ethic.

Illustrate eagerness to learn & willingness to improve.

Exhibit great ability to multi-task & superb communication skills.

Working knowledge of fast-paced environment and high volume settings.

Demonstrate performance under pressure. Display patience and poise.

Demonstrate personal & professional integrity of the highest order.

Attributes

Reliable & responsible

Dedicated & self-motivated

Fast learner & fine problem solver

Computer proficient/tech-savvy

Personable & friendly

Compassionate & committed

Considered a "people person" & a "team player"

Humanitarian

Education

Master of Science

:

Sports Management - Coaching & Sports Administration

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2014

American Public University

i₄

City

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State

Currently enrolled in online program for graduate school

Coursework:

Coaching Theory & Leadership, Event Management, Sports Finance, Sports Law

Bachelor of Science

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Fitness & Human Performance - Exercise Science

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2007

University of Houston (Clear Lake)

i₄

City

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State

Coursework:

Exercise Physiology, Kinesiology, Sports Medicine, Health Promotion, Nutrition, First Aid

Transfer

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General
,
1999
San Jacinto College (North)
i¼
City
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State
Transfer Student
Student-Athlete, Basketball
High School Diploma

:
General
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1997
La Marque High School
i¼
City
,
State
Awarded full athletic scholarship -- San Jacinto College

Finished Top 20% of class -- National Honor SocietyMember of P.A.L.s (Peer Assistance
Leadership Program) & FCA (Fellowship of Christian Athletes)
Experience
Head Girls Basketball Coach
October 2012

to
Current
Company Name
i¼
City

,
State
Part-time (Seasonal Contract)
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Coached and developed fundamental basketball skills and conditioning abilities of 7th grade
middle school girls.
Directed practices & scrimmages; created & ran up-to-date and relevant drills that taught
basic skills of sport.
Adhered strictly to rules and regulations of the athletics conference, department, and the
school district.
Communicated effectively with parents, players, assistant coach, dept. head, & athletic
directors.
Drafted and distributed written guidelines for student athletes outlining rules and
expectations.
Motivated and encouraged student-athletes to do their best during practices and games.

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Fostered a culture of good sportsmanship, cooperation, and responsibility.
Helped develop each athlete's physical and psychological well-being.
Upheld the school's mission, vision, and objectives.

Assistant Coach/Mentor
June 2010
to
Current
Company Name

i¼
City

,
State
Back 2 Basix is a youth mentoring program developed to teach life skills to the studentathlete through athletics. Headed by Director
Thomas Turner, B2B exists to equip the student-athlete with knowledge of academics and
athletics to enable prosperity and fulfillment in
life. Fundamental basketball instruction (group and/or individual) via camps and clinics
encompass this initiative.
I prepare the studentathlete for future endeavors by:
Put safety first, emphasizing healthy competition, and certified that all involved were being
positive & having fun.
Developing fundamental basketball skills and conditioning abilities of youth aged 5-16.
Creating & running up-to-date and relevant drills that taught basic skills of sport.
Motivating and encouraging youth to do their best during practices and games.
Communicating effectively with parents, players, assistant coaches & director.
Facilitating character development through promotion of significant values.
Fostering a culture of teamwork, good sportsmanship, & empowerment.
Helping to improve each athlete's physical and emotional well-being.
Upholding the mission, vision, and objectives of the organization.
Formulating and organizing practice plans & clinic regimens.
Leading & directing in practices, camps, and clinics.
Extending my knowledge of sports and life.

Fitness Instructor
Company Name
[May 2011 - Present]
Lake Norman Branch
Cornelius, NC
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[Aug 2012 - Present]
Dowd (Uptown) Branch
Charlotte, NC

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Engages with members to build connections, provide support, & encourage them to adopt

healthy lifestyle practices.

Contributes to the operation of a clean & well-maintained fitness facility by inspecting equipment & cleaning machines.

Administers assessments which include body fat analysis, blood pressure readings, & other wellness tests. Assists older adults with weight training programs by setting up equipment & providing detailed instructions.

Performs initial health consults for members to recommend safest, most efficient method of reaching goals.

Monitors guests in fitness areas while adhering to all YMCA policies and health & safety standards.

Leads members of all ages through individual workouts while teaching correct exercise technique.

Carries out the YMCA's mission through promotion of various programs, services, and activities.

Carefully evaluates member needs and assists them in achieving personal fitness goals.

Guides clients in safe exercise, taking into account individualized physical limitations.

Conducts fitness appointments, orientations, and youth certification classes.

Counsels clients on proper nutrition and exercise habits.

Certified Personal Trainer (CPT)

[July 2010 - Oct 2010]

ABS/Sports & Fitness

Charlotte, NC

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[Feb 2008 - Oct 2008]

24 Hour Fitness

League City, TX

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The main goal of any type of health educator is to improve quality of life.

At this juncture, I, successfully:

Provided members with education on fitness protocols & exercise technique for advancement in a health club setting.

Administered fitness assessments which included body composition analysis with skin-fold measurements.

Monitored guests in fitness areas while adhering to all company policies and health & safety standards.

Attained facility targets including revenue goals, member retention rates & customer satisfaction.

Led members & clients through individual workouts and designed various training programs.

Guided clients in safe exercise, taking into account individualized physical limitations.

Carefully evaluated client needs and helped them achieve personal fitness goals.

Contributed to the operation of a clean, friendly & well-maintained fitness facility.

Conducted machine orientations that taught proper use of machines/equipment.

Recorded training sessions and maintained package rates for each client.

Arrived on time, prepared and attentive for every training appointment.

Instructed clients how to modify exercises appropriately to avoid injury.

Explained personal training program benefits to club members.

Counseled clients on proper nutrition and exercise habits.