

Kaiden Cervantes

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WORK EXPERIENCE

Greenville University— *Assistant Strength and Conditioning Coach*

Greenville, IL

August 2025 - December 2025

- Designed and implemented varied strength training programs for the football team, administering both morning and afternoon sessions to accommodate athlete schedules.
- Directed comprehensive team warm-up routines to enhance injury prevention and physical readiness prior to training sessions.
- Demonstrated proper lifting techniques and exercise mechanics to ensure athlete safety and maximize training standards.
- Cultivated a motivational training environment that promoted athletic development, team cohesion, and commitment to performance excellence.

Fenix Training — *Personal Trainer*

Elko, NV

May 2025 - Present

- Conducted specialized Hyrox-style training sessions four days per week, delivering both individualized programming and group instruction to diverse client populations.
- Developed and executed strength and conditioning routines for high school student-athletes aimed at enhancing overall athletic performance and competitive readiness.
- Facilitated therapeutic mobility classes for middle-aged clients managing chronic health conditions, emphasizing functional movement patterns and quality of life improvements.
- Adapted training techniques to accommodate varying fitness levels, health constraints, and performance objectives across client demographics.

Greenville University — *Football Tight Ends Coach*

Greenville, IL

August 2025 - December 2025

- Instructed athletes in advanced technical skills and positional techniques essential for competitive performance at the collegiate level
- Executed comprehensive video analysis using Hudl software, including systematic tagging of game and practice footage to identify performance trends, opponent tendencies, and strategic insights
- Provided administrative support to the coaching staff, contributing to operational efficiency and program organization

EDUCATION

Greenville University, — *Sport Management and Kinesiology, BS*

Greenville, IL

August 2021 - Expected May 2026

- NCAA Division III Football Student-Athlete, Team Co-Captain (2022-2025)
- Demonstrated leadership and commitment through athletic participation while maintaining academic excellence (Dean's List 2023)
- Relevant coursework in Sports Management, Sports Marketing, Sports in Society, Operations and Event Management.

SKILLS

Athletic Administration

- Athletic Mentorship and Development
- Analytical Problem Solving
- Effective and Motivational Communication

Technical Proficiency

- Microsoft Word, Excel, and PowerPoint

AWARDS

- Two-time All Conference Tightend (2023-2025)
- Team Co-Captain, Greenville University Football (2022-2025)
- Greenville University Football Team Recognition Award (2023-2025)