

MICAH BOTTOMS

CONTACT INFORMATION

Cell phone 318.364.0466
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PERSONAL REFERENCES

DR. KYLE PIERCE

Professor of Kinesiology, Olympic Weightlifting Coach
318.344.1561

BRANDON BOOTH

Former Mentor
314.973.7294

TIMOTHY WINTER

Kinesiology Department Chair
318.797.5107
timothy.winter@lsus.edu

CAREER FOCUS

I love exercise and athletics, both as a participant and a student. I am very passionate about helping others optimize their training based on their goals. My education has prepared me to do so and I am excited to gain experience and positively impact others.

RELEVANT EXPERIENCE

SPORTS PERFORMANCE COACH

Sterling's Team Speed | November 2021-current

Strength, Agility and Speed Training for Young Athletes
Reference: Matt Remaley, Head Coach
303.842.4054

MANAGER, TRAINER

Anytime Fitness Southern Loop | December 2020-November 2021

Strength Training, Marketing, Cleaning, etc.
Reference: Jerry Lorey, Owner
318.525.7902

BOYS ASSISTANT SOCCER COACH

North Desoto High School | May 2017 - May 2019

Coached technical and tactical, as well as strength and plyometric training
Lead team to playoff appearances both seasons
Reference: Head Coach Aaron Barnes
318.218.1527

PHYSICAL THERAPY TECHNICIAN

Desoto Physical Therapy | July-November 2017

Facilitated PT for multiple types of rehabilitation
Gained valuable experience which focused professional direction
Reference: Doug James
318.775.9870

COMMUNITY INVOLVEMENT/ VOLUNTEER EXPERIENCE

- Worldview Academy Leadership Camps: Summer 2018 & 2019
- Summer Grove Baptist Church Compassion House: Spring 2019
- Canon City Pregnancy Center: Spring 2020
- Evangelical Free Church AWANA Program: Academic year 2019-20
- GOLA coffee shop: Spring 2019
- Worldview at the Abbey gap year program: Academic year 2019-20, 2020-21
- Desoto Parish Volunteer Firefighter Dept.: 2013-2014

EDUCATION

BACHELOR OF SCIENCE IN COMMUNITY HEALTH- STRENGTH AND CONDITIONING

Louisiana State University Shreveport | 2017 - 2020

GPA 3.35

Dean's List S 17-18, F 18-19, S 18-19

Studied under Dr. Kyle Pierce

SKILLS, ABILITIES AND CHARACTERISTICS

- Passion for research
- Strong desire to learn and grow
- Appreciation for constructive criticism
- Experienced at working with children
- Love for teaching
- Emphasis on strength in diversity
