

Level I Clinic Application Sample Resume

Name: John Doe

Triathlon Coaching Experience

Number of Athletes → 8

Hours per Week → 20

Method of Communication → Email, Training Peaks, Text, Phone, In Person

Started/Ended → June 2009 - Present

Description → I work with each athlete remotely and in person. The primary medium for communication is Training Peaks. I require my athletes to provide feedback on each workout or I do not provide a plan for the following week. Email, text and phone calls are used as additional support as needed. I also meet with each athlete once per week for a workout to help me gauge if the training I am prescribing is working as intended.

Coaching Experience in Related Field (swimming, biking or running only)

Sport → Swimming

Number of Athletes → 50

Hours per Week → 3

Started/Ended → January 2012

Description → I coach a master's swim class 3 times per week at my local YMCA.

Formal Education in Sport Science (Bachelors, Masters or PhD)

Degree → Bachelor of Science, Kinesiology

College/University → University of Wisconsin

Completed Year or In Progress → Completed May 2002

Degree → Master of Science, Nutrition

College/University → University of Nebraska

Completed Year or In Progress → Expected May 2014

Experience in Related Field (physical therapy, personal training, chiropractics, etc.)

Field → Personal Trainer

Number of Athletes → 10

Hours per Week → 20

Started/Ended → March 2010

Description → I work with 5 individuals in my home studio. I work with each athlete twice per week for 30 minute sessions. These sessions are designed to help with their triathlon training. The remaining athletes I work with at the local YMCA (my employer – see attached verification letter).

Current Certification(s) with Relevance to Triathlon (do not include past or expired certifications)

Certification(s) → USAC Level III, ACSM

USAT Region, Committee or Official Club Involvement

Club or Committee Name or Region → USAT South Midwest Region

Position Held → Secretary

Length of Term → 2 Years

Started/Ended → January 2012 – January 2014

Service to the Sport

Activity → I worked registration at a local triathlon. I checked people in and handed them their race packets.

Reference Name/Email → Jane Doe 555-555-5555

2 Professional References (not family members)

Name → Jim Doe

Email or Phone → 555-555-5555

Name → Jackie Doe

Email or Phone → 555-555-5555