



Rhythmic Gymnastics Coach

Sophie Tran

Professional summary

Dedicated Rhythmic Gymnastics Coach with over 8 years of experience working with competitive teams. Proficient in choreography, flexibility training, and developing routines that showcase athletes' strengths and artistic expression.

Experience

Head Rhythmic Gymnastics Coach

May 2020 - Now

California Rhythmic Academy / United States, Los Angeles, CA

- Create and choreograph routines for gymnasts competing at the state and national levels.
- Collaborate with a team of coaches to enhance overall training programs, focusing on flexibility and dance elements.
- Organize community outreach programs to promote rhythmic gymnastics and attract new talent.
- Conduct workshops for parents and athletes on mental preparation techniques.

Rhythmic Gymnastics Instructor

August 2016 - April 2020

Pacific Sports Center / United States, Los Angeles, CA

- Taught rhythmic gymnastics fundamentals to children aged 5-12, fostering a love for the sport.
- Monitored and assessed student progress, adjusting lessons to meet individual needs.
- Assisted in organizing local competitions, providing logistical support and coaching to participants.

Professional Development

Rhythmic Gymnastics National Coaching Symposium


Attended: August 2022


- Participated in advanced coaching techniques, injury prevention strategies, and athlete mental health workshops.


Choreography Masterclass with Emanuela Maccarani

Date: January 2023

- Enhanced skills in routine design and artistic expression through hands-on workshops with industry professionals.

 (310) 555-0147

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 United States, Los Angeles, CA

Links

Education

Bachelor of Arts in Dance

2012 - 2016

University of California, Los Angeles

United States

Rhythmic Gymnastics Coaching Certification

USA Gymnastics


Certification Date: January 2020


Child Development and Psychology Certificate


California State University


Certification Date: August 2019

Skills

Choreography and routine development 

Flexibility and strength training 

Strong artistic and performance focus 

Communication with parents and community engagement 

Event planning and execution 