

PROFESSIONAL SUMMARY

Energetic Sports Youth Mentor with experience coaching and mentoring youth athletes in Chicago. Proven ability to foster teamwork, discipline, and confidence through sports programs.

EDUCATION

Bachelor of Science in Kinesiology

DePaul University | Chicago, IL
Graduated May 2019

Certifications

- CPR & First Aid, American Heart Association, 2022
- Certified Youth Sports Coach, National Alliance for Youth Sports, 2021

Additional Training

Workshop on Youth Leadership Development
Chicago Sports Council, 2025

- Completed specialized training focused on enhancing mentorship techniques and leadership skills within youth sports contexts.

SKILLS

- Sports coaching

Expert
- Team leadership

Expert
- Communication

Expert
- Motivation

Expert

EXPERIENCE

2021 - Now

Sports Youth Mentor

Chicago Youth Sports League / Chicago, IL

- Mentored over 40 youth athletes aged 8-16, focusing on skill development, sportsmanship, and personal growth, resulting in a 20% increase in retention rates for the program.
- Plan and lead weekly training sessions that enhanced individual athletic performance and fostered team cohesion, improving win rates by 15%.
- Communicate regularly with parents and school staff to coordinate schedules and provide holistic support balancing academics and athletics.
- Ensure strict adherence to safety protocols and proper equipment management, reducing injuries by 10% across all teams.

2019 - 2021

Assistant Coach

Lincoln Park Athletics Club / Chicago, IL

- Assisted in designing practice drills and game strategies to improve players' technical skills and tactical understanding.
- Delivered motivational talks and workshops that encouraged leadership and resilience among youth athletes.
- Coordinated local sports events to promote active lifestyles and community involvement, increasing event attendance by 25%.
- Supported administration by managing inventory, scheduling games, and liaising with league officials to ensure compliance with regulations.