

MEERA PATEL

PERFORMANCE DIRECTOR

CONTACT

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LinkedIn | Portfolio

EDUCATION

MASTER OF SCIENCE (M.S.)
KINESIOLOGY • MAY 2017

University of Tennessee,
Knoxville, TN

BACHELOR OF SCIENCE (B.S.)
EXERCISE SCIENCE • JUNE 2013

Nashville State Community
College, Nashville, TN

KEY SKILLS

- 3D motion capture (Vicon)
- Athlete assessment and evaluation
- Community outreach and partnership
- Sports performance program design
- Velocity-based training (GymAware, PUSH Band)

CERTIFICATIONS

Performance Enhancement
Specialist, National Academy of
Sports Medicine, 2015

Certified Strength and
Conditioning Specialist, National
Strength and Conditioning
Association, 2014

PROFILE

Experienced performance director in sports science and athlete development. Designs comprehensive training programs that consistently elevate performance across multiple sports. Recognized for pioneering evidence-based assessments to optimize training and maximize athlete potential.

PROFESSIONAL EXPERIENCE

PERFORMANCE DIRECTOR • JUNE 2021 – PRESENT

Gridiron Athletics, Knoxville, TN

- Orchestrate a team of 12 performance coaches, managing schedules for over 200 athletes across 15 sports
- Deliver regular Gridiron methodology presentations to 25 local schools, leading to a 50% increase in youth athlete sign-ups over two years
- Integrated a group of initially resistant veteran athletes into a new training program that went on to see a 25% improvement in team performance
- Grew facility revenue in fiscal year 2022 by \$175,000 with the introduction of private and smaller group training options

PERFORMANCE COACH • MARCH 2017 – MAY 2021

Gridiron Athletics, Nashville, TN

- Conducted over 600 on-site assessments and led training programs for over 75 athletes
- Increased high school athlete enrollment by 40% with the facilitation of a student-athlete mentorship program
- Achieved a 95% client retention rate through personalized goal-setting and bi-weekly progress evaluations
- Improved athlete 40-yard dash times by an average of 0.5 seconds after a 12-week speed and agility program