





Meera Patel

Senior-level Coaching

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.

CONTACT

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EDUCATION

- Master of Science (M.S.) Kinesiology
University of Tennessee, Knoxville, TN
May 2017
- Bachelor of Science (B.S.) Exercise Science
Nashville State Community College,
Nashville, TN
June 2013

KEY SKILLS

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

PROFESSIONAL EXPERIENCE

Performance Director | Gridiron Athletics, Knoxville, TN
June 2021 – Present

- 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 | Gridiron Athletics, Nashville, TN
March 2017 – May 2021

- 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

CERTIFICATIONS

- Performance Enhancement Specialist, National Academy of Sports Medicine, May 2015
- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, August 2014