

CONNOR HOOD

Garland, TX 75044 • (214) 934-3283 • connorhood93@yahoo.com

WEBSITE, PORTFOLIO, PROFILES

- classwithconnor.com

PROFESSIONAL SUMMARY

Committed Head Coach adept in strategy development and implementation. Accustomed to studying and evaluating team and competition data, including video and statistics, to further drive improvements and success. Driven to bring value to organizational team through hard work and dedication.

SKILLS

- Competition Preparation
- Fitness Assessments
- Practice Planning and Management
- Game Strategy Development
- One-on-One Instruction
- Individualized Coaching
- Competitive Analysis
- Written and Verbal Communication
- Clinic Planning and Leadership
- Performance Optimization
- Creativity and Flexibility
- Decision Making
- Parent Relations
- Gameplay Techniques
- Athlete Training and Motivation
- Problem Anticipation and Resolution
- Personal Counseling
- Critical Thinking
- Game Videos
- Scouting Reports
- Physical Conditioning
- Self Control

WORK HISTORY

Assistant Coach & Goalie Coach

Texas Warriors - Richardson, TX 01/2019 - Current

- Built positive and productive relationships with parents of student athletes.
- Advised head coach on discipline, performance, and other decision-making areas.
- Promoted development of athletes at all levels from beginner to elite.
- Planned strategies for each match based on knowledge of opposing team and individual player strengths.
- Collaborated with administration to stay on top of changes and concerns.
- Engaged athletes in discussions on race strategy, mental preparedness, visualization and performance.
- Implemented exercise programs and training strategies to bolster individual and team performance.
- Created and implemented coaching and training plans for score development and to enhance performance.
- Promoted stretching, mobility work and proper form to help athletes safely build strength.
- Promoted good sportsmanship with competing teams on- and off-field.

JV Varsity Assistant Coach & Goalie Coach

Coppell High School - Coppell, TX 01/2019 - Current

- Collaborated with head coach to determine player lineups and positioning.
- Ran effective practice drills to increase endurance and boost skills in athletes.
- Worked closely with athletes one-on-one to help them improve their skills in [\[Sport\]](#).
- Encouraged everyone to cultivate strong work ethic by demonstrating diligence, patience and respect for others.
- Conferred with assistant coaches to determine weaknesses in current team roster and develop recruitment plans.
- Evaluated tapes of competition matches to assess strategies and plan counter approaches.
- Developed game plans and adjusted to meet various game situations.

Head Coach

Texas Warriors FC - Murphy, Texas 01/2021 - Current

- Cultivated team player dedication and loyalty by teaching excellent sportsmanship and commitment.
- Organized and led practices and scrimmages to increase competitive attitude and skills.
- Planned and facilitated team travel to games and events.
- Developed team strategy based on knowledge of fundamentals, team member skills and competition statistics.
- Prepared athletes for special competitions and tournaments.
- Evaluated individual knowledge, skills and strengths and assigned team positions to maximize talent areas.
- Directed ambitious practice sessions to boost athletic abilities and teamwork.
- Mentored beginner players to foster sense of healthy competition and confidence prior to focusing on skill-building.
- Motivated athletes to become stronger, more agile and more effective through training habits and proper nutrition.
- Promoted good sportsmanship with competing teams on- and off-field.
- Promoted stretching, mobility work and proper form to help athletes safely build strength.
- Managed team budget to properly allocate for equipment, travel and other required elements of operation.

Trainer

Classwithconnor.com - DFW 01/2012 - Current

- Trained clients during strength training, cardio vascular exercise and stretching.
- Designed specific workout systems for individual clients based on performance ability.
- Explained exercise modifications and contraindicated movements to participants with history of injury.
- Created inspirational physical training initiatives to foster healthy lifestyle decisions.
- Grew customer base through word-of-mouth referrals based on customer satisfaction and results.
- Educated customers on preventative care, nutrition, fitness, stress management and ergonomics.
- Developed, planned and led personal and group fitness sessions as well as well-known specialty fitness programs.
- Educated club members about relationship between nutrition and fitness.

Goalie Coach

Plano East Senior High School - Plano, TX 01/2018 - 01/2019

- Promoted love of game by assisting players with understanding positioning, play techniques and teamwork strategies.
- Improved player behavior through modeling and disciplinary interventions.
- Prepared athletes for special competitions and tournaments.
- Evaluated individual knowledge, skills and strengths and assigned team positions to maximize talent areas.

Gym Manager

Obstacle Warrior Kids - Garland, TX 01/2018 - 01/2019

- Trained employees on general procedures, gym rules and duties.
- Promptly attended to guest needs concerning fitness room, locker room and relaxation area.
- Set and managed employee work schedules for coverage in assigned areas.
- Generated leads through sales promotions and word-of-mouth.
- Created and updated fitness programs focused on cardio, strength and conditioning.
- Evaluated team members and offered helpful feedback by observing while performing duties and offering services to customers.

Gym Manger

Strong Fitness - Farmers Branch, TX 01/2019 - 12/2020

- Onboarded new employees, including training, mentoring and new hire documentation.
- Cross-trained existing employees to maximize team agility and performance.
- Evaluated employees' strengths and assigned tasks based upon experience and training.
- Adjusted job assignments and schedules to keep pace with dynamic business needs, factoring in processes, employee knowledge and customer demands.
- Delivered feedback to decision-makers regarding employee performance and training needs.
- Applied customer feedback to develop process improvements and support long-term business needs.

EDUCATION

Bachelor of Science

Art Institute of Dallas - Dallas

06/2018