ABDUL

**PERSONAL DETAILS**

Name: Abdul

Age: 24

D.O.B: 25 November 1991

Sex: Male

Nationality: South African

Email: Abdul.333142@2freemail.com

Languages: English & Afrikaans

Health: Excellent

Marital Status: Single

Dependants: None

**PROFESSIONAL SUMMARY**

Goal-oriented and energetic Sports coordinator with a talent for motivating participants with enthusiasm and encouragement. Extensive educational and professional background in physiology, sports medicine and exercise science. Motivated and responsible Sports Coach extensively trained in fitness, nutrition and health education. Dynamic Fitness Coach bringing 6 years experience as a professional rugby, soccer, development and athletics coach

**SKILLS**

|  |  |
| --- | --- |
| * Skilled motivator
* Energetic personality
* Healthy lifestyle role model
* Sports enthusiast
* Strength coaching
* Motivational techniques
* Computer proficient
 | * Extensive sports knowledge
* Youth sports coach
* Sports injuries training
* Referee experience
* Team building
* Youth member
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**WORK HISTORY**

01/2015 to Current

**Sports coordinator**

**Active Education –** Johannesburg

* Taught a range of sport – specific skills in a clear safe manner.
* Acted as a positive role model for team participants in the community
* Developed game plans and adjusted them according to various game situations.
* Demonstrated a high level of respect for opponents, officials and facilities.
* Worked closely with the athletics director in scheduling interscholastic contests, maintaining sports programmes and coached at various schools including chool( Bryandale, St, Benedict’s Primary School, Colin Mann Primary, Craighall Primary)

01/2013 to 12/ 2014 **sports coach**

 **Z&S Playball -** Johannesburg

* Developed kids to play actual sports
* Worked with various fitness programmes to develop skills within kids.
* Taught kids team work.
* Recommended and ordered equipment, supplies and uniforms.
* Drilled student- athletes in run , jump, turn and switching man to man defences.
* Exhibited sound judgement while executing coaching responsibilities and functions.

01/2012 to 12/2014 **sales executive**

 **AXR auto – Gauteng**

* Identified and qualified customer needs, developed sales strategies.
* Consistently hit and exceeded sales goals.
* Developed and maintained long-term relationship with customers.
* Organised company files and creating support systems to decrease work load and increase productivity of account managers.
* Researched and customised service proposal for clients.

EDUCATION

2009 (graduated with merit and entrance into university)

**HIGH SCHOOL DIPLOMA:**

**Lenasia Secondary School – Johannesburg**

Mathematics

Geography

Life science

Physical science

English

Afrikaans

Life orientation

2012 **Diploma in Sports science : Sports science**

 **Exercise Training Academy –** Johannesburg

* Coursework in Sports Medicine
* Coursework in Sports Management, Sports Leadership and Physical Therapy
* Coursework in Health and Wellness, nutrition and Psychology

2015 **Certificate in development: movement and development specialist playball -** Johannesburg

Various sports certificates in coaching level 1 athletics , level 1 officiating, level 1 strength and conditioning ,boksmart , level 1 in first aid and safety industry

**MOTIVATIONAL LETTER**

 To whom it may concern:

 Grooming students in sports from school days is the best way to prepare players who couldn’t represent the country in an international event. I strongly believe in this thought and apply in my coaching career. I have been training rugby and soccer teams for six years and hold an impressive profile. I can help you achieve success if you consider my application for a coach position.

Before stepping into a coaching career, I have played the sports for many years since my school days. I have been a regular team member and have been playing sports throughout. Barring a couple of games our team has excelled in many competitions. After adding a few caps for the teams crown, I took coaching.

The reason behind this decision is simple and justifiable I could judge the game plan of the opponents and decide tactics for the match. I have been successful in winning games because of my initiative in reading the opponents by watching CD’s of the game played. You can see my six years of experience in my resume as a coach for three different primary schools. One additional advantage along with coaching experience I can offer you is my ability to offer physiotherapy to players as I hold a certificate in this regard. I am loved by my team because of my willingness to hear and implement suggestions, if I find them worthy. I can make a big difference.

I can offer several references about my sporting career if you so desire.

Sincerely,