

# TIM GUARINO

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## SENIOR COACH / PERSONAL TRAINER

With comprehensive experience in

TEAM COACHING	PROGRAMMING	SAFETY	STRETCHING
SPORTS PSYCHOLOGY	INSTRUCTOR	ANATOMY	KINESIOLOGY
NUTRITION	CONDITIONING	BIOMECHANICS	PHYSIOLOGY
STRENGTH AND POWER TRAINING PRINCIPLES		INJURY TREATMENT AND PREVENTION	

Recognized for reliability and “getting the job done” through persistence and a strong work ethic. Pro-active and results oriented with broad experience in all aspects of strength and conditioning training and management. Solid planning and organizational skills in coordinating all aspects of each athlete’s goals from inception through completion. Sees the big picture and plans appropriate strategies to achieve results. Well disciplined with proven ability to manage multiple assignments efficiently under extreme pressure while meeting tight deadline schedules. Strong team builder and facilitator, fosters an atmosphere that encourages highly talented athletes to balance high-level skills with maximum production. Ascertains needs and goals to produce higher skilled athletes. Effectively communicates direction, commits athletes to action, and conveys complex information in easily understood formats.

### EXPERIENCE / ACCOMPLISHMENTS

<u>Dumbarton Gym</u> - Towson, Maryland	HEAD COACH	2000 - present
Motivate and prepare Junior, Senior and Master athletes for Local and National Competitions Initiated a weightlifting team for athletes with no affiliations locally		
<u>Baltimore County Community College</u> – Baltimore, Maryland	FITNESS TEACHER	2001
Prepared students with the basic building blocks for weight training Provided detailed instruction on the safety and correct techniques regarding each apparatus		
<u>Downtown Athletic Club</u> – Baltimore, Maryland	FITNESS TRAINER	1993 – 1994
Designed and implemented specific programs for new members Completed and updated daily results for each members training program		
<u>East Coast Gold Weightlifting Team</u> - Middle Atlantic Region, USA	SENIOR COACH	1992 - 1999
Assisted in the preparation and motivation of Junior, Senior and Master athletes for National Competitions Prepared teenage athletes to compete in the AAU Junior Olympic Championships across the United States Motivated and trained various athletes at Junior and Senior Level Weightlifting Camps Provided demonstrations for Club Level and Senior Level coaching courses		

### EDUCATION

Certified Senior Coach with USA Weightlifting - 1993  
Certified Club Coach with USA Weightlifting - 1992  
Bachelor’s degree from Loyola College, Baltimore, Maryland - 1986  
Personal Trainer Certificate with American Muscle and Fitness - 2000