

JOHN J. SMITH

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PHYSICAL FITNESS INSTRUCTOR / PERSONAL TRAINER

Natural leader with 10+ years of progressively responsible military experience, specializing and excelling in the development of physical fitness programs, special fitness initiatives, and customized exercise training programs for individuals, community sports teams, and large military units. In-depth knowledge of exercise science with ability to recruit, motivate, educate, and train others to achieve higher levels of wellness and fitness. Honored with multiple medals of commendation for leadership, service, and achievement.

Areas of Strength

Proactive Leadership • Physical Training Strategy & Design • Program Management • Exercise Evaluation
Superior Communication Skills • Team Player • Teaching & Coaching • Volunteer • Fundraiser
Nutrition Management • Functional & Sport-Specific Training • Personal Motivator & Recruiter

SELECTED ACCOMPLISHMENTS

- **Transformed and led 200-person Air Force unit fitness program** by developing innovative training program than enabled continuous improvement of physical fitness. Leadership recognized with lead role in wing formation workout for 2,500 Airmen.
- **Revamped squadron physical training program, preparing 230 Air Force personnel for new AF fitness standards;** designed and developed a program that instilled discipline and allowed squadron to maximize fitness capacity without interrupting work schedules. Result was **20% improvement in personnel pass rate.**
- **Coached, mentored, and trained a number of youth and adult soccer leagues and programs.**
- Recognized as **top recruiter in Air Force Sergeants Association** monthly magazine for recruiting and retaining 14 members for the Program Executive Office within 1 month. Doubled meeting attendance within 1 year.
- **Active community member and volunteer**—organizing, participating, and raising money for a number of charity events.

EDUCATION & CERTIFICATIONS

Personal Training Certification—American Council on Exercise (ACE Fitness), Completion expected May 2011
CPR Training Certification—American Heart Association, current through 2012
Associate's Degree in Information Systems Technology—Community College of the Air Force (CCAF), 2005

PROFESSIONAL EXPERIENCE

UNITED STATES AIR FORCE

2000—Present

42nd Communications Squadron, Town, Air Base, England (2008—Present)

Relevant Achievements:

- Led assessment and physical training for 190 Airmen, conducting 52 fitness sessions that readied squadron for new standards.
- Motivated and recruited 120 participants for unit sports day, promoting camaraderie and a fitness-based lifestyle.
- Designed physical training program and oversaw evaluation of 14 deployed Airmen, achieving 100% pass rate.
- Taught 20 Airmen and Army Soldiers Level 1 of Modern Army Combative Program, which included basic Greco-Roman wrestling and Brazilian jiu-jitsu techniques, instilling a warrior ethos/belief.
- Coached 4-week youth soccer clinic, teaching fundamentals and teamwork to 15 children.
- Competed in 5 charity fun runs, modeling physical fitness and finishing in top 2 for all events.

71st Communication Squadron (AETC), XYZ Air Force Base, Las Vegas, NV (2005—2008)

Relevant Achievements:

- Led a team of 8 physical training leaders in the restructuring of unit fitness program. Established fitness standards, tests, and measures. Managed fitness and nutrition records. Result was 50% reduction in fitness failures within 6 months.
- Directed physical training programs that challenged troops to excel by integrating incentive with flexibility. Achieved 96% current status and 26% rated excellent. Taught self Aid and Buddy Care training to 15-unit personnel.
- Instilled principles of sportsmanship, teamwork, and community by mentoring and coaching local youth and varsity soccer teams. Coached men's varsity soccer, traveling and competing in many Armed Forces tournaments. Recruited players, organized teams, set up tournaments across the base, and solicited funding to play against higher-skilled leagues.

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PAGE 2

PROFESSIONAL EXPERIENCE (CONTINUED...)

- Established the Mission Support Group sports day within the 81st training wing for more than 3k individuals. Structured and set up sporting events including intramural soccer, tug of war, volleyball, and soccer. Managed trophies and awards.
- Evaluated eligibility standards and training requirements for unit, identifying and correcting 97 errors in 19 training records that exceeded training update goals.
- Volunteered as Combined Federal Campaign representative for squadron, exceeding unit fundraising goal by \$300. Orchestrated Relay for Life fundraiser for squadron, benefitting the American Cancer Society with \$2,400 in donations.

29th Communications Squadron, JKL Air Base, Germany (2003—2005)

Relevant Achievements:

- Performed wing-level expertise to 56 unit information assurance managers and network security information to 3,500 personnel in 6 geographically separated units.
- Spearheaded “tip of the week” program, disseminating timely network security information to 3,500 users.
- Completed rigorous TPC certification program in 34 days vs. 90-day norm, with a score of 93%.
- Coached Incirlik 18-player high school soccer team, teaching sportsmanship and preparing team for Department of Defense 6-day tournament. Trained 5 days/week, 2 hours/day, providing coaching, conditioning, and fundamentals.
- Led off-base youth soccer program for children of military members on base, providing skill assessments for 300 youths and coaching a team of 10-12 year-old youths to win first place in division with an undefeated season.
- Taught Information Assurance (IA) awareness classes to First-Term Airmen, educating on AF “do’s and don’ts” of computer and information security. Taught 35 classes with ~400 participants in 1 year.

572nd Air Support Operations Squadron, Long Air Force Base, Charleston, NC (2000—2003)

Relevant Achievements:

- Coached eight-member, AF base youth soccer team and raised \$2,300 for booster club. Active member of squadron’s football and softball teams.
- Asked to coach high school soccer team, bringing continuity to the team and teaching them how to be more physically fit and technically solid.

PROFESSIONAL AFFILIATIONS

Member— National Youth Sports Coaches Association (NYSCA)

MILITARY AWARDS AND HONORS

Army Achievement Medal— Meritorious Service for deployment in Iraq (Jan. 2009 – Sept. 2009)

AF Commendation Medal – Meritorious Service (Mar. 2005 – Oct. 2008)

AF Commendation Medal – Meritorious Service (Nov. 2003 – Feb. 2005)

Airman of the Quarter – 39th Mission Support Group (Jan. – Mar. 2004)

John Levitow Leadership Award – Airman Leadership School – for academic excellence and leadership, voted by peers and instructors. Pinnacle of achievement for Enlisted Professional Military Education (PME) in the USAF. (2004)

Leadership Award – Airman Leadership School – for leadership performance as selected by peers. (2004)

Outstanding TPC Team Award – for flawlessly executing a Nuclear Security Inspection emergency exercise. (2004)

AF Commendation Medal – Outstanding Achievement while deployed in Afghanistan (Sept. 2002 – Feb. 2003)

AF Achievement Medal – Meritorious service (Nov. 2000 – Oct. 2003)