

Crystal Harris



OBJECTIVE

To become a contributing member of a progressive, client-centered, coaching, service oriented, therapeutic team with opportunity for professional growth and skill utilization.

EDUCATION

**BS in Biology, Emphasis in Exercise Physiology/Athletic Training
December 2006**

The University of Alabama in Huntsville
Huntsville, Alabama

HONORS AND ACTIVITIES

- 4-Year Science Fair Scholarship recipient.
- 4-Year Track and Field Scholarship
- Student Athletic Trainer Scholarship.
- National Championship for Division II Track and Field, ranked 10th in the nation in the 4X100 relay.
- Medical Careers Club member 2002-2005
- NASA space grant scholar
- Alabama Science and Engineering Fair alumna.
- 2006- 2008 Selected representative for Alabama Science and Engineering Fair.
- Personal Trainer for The University Fitness Center, Rivera Fitness Center, and N2 Fitness
- Certified USA Weight Lifting
- Certified as D1 coach at D1 Sports Training facility
Huntsville, Alabama

Competencies

- Professional Presentations Development
- Time management
- Certifications in CPR and First Aid
- Accomplished Track and Field Coaching
- Experienced Strength Coaching
- Excellent Communication Skills
- Trained in conducting comprehensive Fitness Assessments
- Personal Fitness Trainer 9 years

- Speed, Agility, and Quickness Trainer
- Accomplished sales representative
- Trained in Post Rehabilitation Therapy
- Adept in developing training programs

WORK EXPERIENCE

- 2004-2007, The University of Alabama in Huntsville, Student Athletic Trainer.
- 2007-2008, PRISM Sports and Fitness, worked with an Exercise Physiologist
- 2007, The University Fitness Center Interning In Huntsville Alabama
- 2004-2006 Athletic Trainer Practicum worked with Certified Athletic Trainers and learned how to treat athletic injuries.
- 2004, Park South Physical Therapist Clinic, volunteered.
- 2002-2004, The University of Alabama in Huntsville, Athletic Department student manager
- 2001- 2012, Hart Cleaning Service, Huntsville, Alabama. Served as supervisor over employees.
- 2007, Instructor of Speed, Agility, Quickness classes at The University Fitness Center.
- 2007- Present Personal Train Kids and adults in the Madison County Area and Surrounding area.
- 2007-Present Worked Speed, Agility, Quickness classes with Huntsville High football team.
- 2007-Present Train Track and Field Athletes in Huntsville and Madison Alabama area
- 2007-Present Personal Fitness Trainer
- 2007- 2009, Assistant Manager at the University Fitness Center.
- 2005-2006, Exercise Physiology Internship at The University Alabama Huntsville.
- 2007-Present, Personal Trainer at The University Fitness Center, Rivera Fitness Center and N2 Fitness.
- 2007, Instructor at The University of Alabama in Huntsville, weight lifting teacher.
- 2005-2008 Worked at Heritage Elementary
- 2007 – 2012 D1 Sports Training and Therapy Strength and Speed Coach
- 2008- 2012 Recruiter Coordinator at D1 Sports Training/Therapy
- 2008- 2012 Physical Therapy Tec at D1 Sports Training/Therapy
- 2008- Present Train Athletes for the College and Pro Combine for football and soccer
- 2008 Trained Rashad Moore (NFL)
- 2008- Present Personal Train Kenneth Darby and Ramzee Robinson (NFL)(CFL)
- 2011- Present Personal Train Rolando McClain (NFL)
- 2010-2012 Personal Train Pat Lee, Anthony Madison and Darien Stewart (NFL)
- 2010 Personal Train Pat Sims (NFL)
- 2010-2012 Lead Warm ups and Stretches for Craig Kimbrel Baseball Camp.
- 2009- 2011 Coached the speed, agility, and quickness training at the Manning Passing Academy and presented a power point Coaching and Therapy.
- 2009 Coached the Speed, Agility, and Quickness camp at Phillip Rivers camp (NFL)
- 2010- Present help train Craig Kimbrel Rookie of the year of the Atlanta Braves

- 2009- 2012 work with TOC in Huntsville doing post therapy for athletics that has had shoulder surgery, ACL surgery, meniscus tear, and various knee injuries.
- 2011- Present Personal Train and post Therapy Jerraud Powers(NFL)
- 2012 Personal Train and post Therapy Frank Kears (NFL)
- 2012 Personal Train Quantez Robertson (Oversees Basketball) (former Auburn University basketball player)
- 2012- Present Personal Train Seun Adebisi (Olympic Athlete hopeful in Skeleton)
- 2012 Head Camp Director for Rashad Moore (Retired NFL) camp: The REDZONE Kids and Community Foundation. Worked with Jason Allen (NFL) Donte Stallworth, Antonio Langham (Retired NFL), and Darian Stewart (NFL)
- 2012- Present Strength Coach for Huntsville High Girls Soccer Team
- 2013 Hosted my own Speed Camp for the Bone Marrow Foundation - Seun Adebisi
- 2013- Present Head Sprint Coach and Assistant Coach for Randolph School Track and Field Program
- 2013 Coached for Craig Kimbrel (Atlanta Braves Rookie of the year 2011) and Matt Kimbrel(Atlanta Braves Minor League) “Kimbrel Brothers Camp”
- 2013- Present working on getting Assistant Physical Therapy License and in school for Massage Therapy
- 2014 Training Detrick Mostella (Tennessee Freshman Fall 2014 Basketball)
- 2014 trained Marquis Maze (University of Alabama Football)
- 2014-2015 Hosted my Speed camp with Darian Stewart and his foundation Stewart Standouts

References available upon request