204 W Teakwood Place
Chandler, AZ 85248
410-979-7325
TaylorRama@Comcast.net

TAYLOR LEE RAMA

OBJECTIVE

I am a self-motivated, hard-working individual seeking a position to expand my experience in sport and leisure and foster growth in both new and experienced athletes. My goal is to become an influential manager and leader in the fitness industry.

SKILLS

ACSM Personal Trainer
ACSM Group Exercise Instructor
ASHI CPR/First Aid, Professional Rescuer
YMCA Lifeguard
NFHS Concussion Testing

WORK HISTORY

GROUP FITNESS INSTRUCTOR, PERSONAL TRAINER
Freelance, Chandler, AZ, AUG 2018 – Present
- Teach group fitness and provide training at several facilities

AQUATICS DIRECTOR
Girl Scouts of Cactus Pine, Phoenix, AZ MAY 2018 – AUG 2018
- Oversaw camp and lifeguard staff
- Trained staff in emergency action plan procedures and risk management
- Performed administrative duties throughout camp
- Lead in-service for lifeguards

PERSONAL TRAINER, GROUP FITNESS INSTRUCTOR
YMCA of Central Virginia, Lynchburg, VA MAY 2017 – MAY 2018
- Coach for 10-Miler/4-Miler training program and Half Marathon Program
- Formulated exercise prescriptions for members
- Motivated clients and members
- Promoted new training programs/classes to members

ADDITIONAL WORK EXPERIENCE

ASSISTANT VARSITY BASKETBALL COACH
Lynchburg City Schools, Lynchburg, VA OCT 2017- MAR 2018
SPORT INFORMATION ASSITANT
Randolph College, Lynchburg College, Lynchburg, VA, JAN 2016 – MAY 2017
COACH
Girls on the Run of Central VA, Lynchburg, VA, AUG 2015 – MAY 2016

EDUCATION

BACHELOR OF ARTS, SPORT AND EXERCISE STUDIES, RANDOLPH COLLEGE
AUG 2013 - MAY 2017
Minor in Business
Three season athlete all four years
SPORT MANAGEMENT, LYNCHBURG COLLEGE
AUG 2014 - MAY 2017
Continued coursework in Sport Management and Administration through the Tri College Consortium.