

# SYMIA BEDWELL

Basketball Trainer

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## PROFILE

I have over three years of experience training basketball players. I am passionate about the game and love helping others improve their skills. I have a proven track record of success, and my clients always see results after working with me. If you're looking for someone who can help you take your game to the next level, then I'm your trainer.

## LINKS

[linkedin.com/in/symiabedwell](https://www.linkedin.com/in/symiabedwell)

## SKILLS

Dribbling

Shooting

Passing

Rebounding

Ball handling

Footwork

## LANGUAGES

English

Portuguese

## HOBBIES

Coaching

Recruiting

Training

## EMPLOYMENT HISTORY

### ● Basketball Trainer at Basketball Trainer, SC

Mar 2022 - Present

- Trained 100+ high school and collegiate athletes.
- Helped develop training programs that led to a 10% increase in player performance.
- Wrote articles for Basketball Training Magazine that were read by over 1 million people.
- Spoke at 3 national conferences on basketball training topics.
- Authored a book on basketball conditioning that sold 5,000 copies.
- Trained the losing team of the NBA Finals to become the winning team the following year.

### ● Assistant Basketball Trainer at SC, SC

Jul 2019 - Jan 2022

- Assisted in the rehabilitation of 15 players following surgery.
- Assisted head trainer with taping and injury prevention for 20 players.
- Monitored hydration and nutrition levels for 25 players during practices and games.
- Managed inventory of medical supplies and equipment worth \$5,000.
- Ordered new supplies as needed within budget constraints.
- Kept detailed records of player injuries, treatments, progress, etc.

## EDUCATION

### High School Diploma at Dorman High School

Aug 2015 - May 2019

I have learned to be organized, to study and to do research, to think critically, and to write well.

## CERTIFICATES

### Certified Basketball Trainer (CBT)

Apr 2021

### Certified Strength and Conditioning Specialist (CSCS)

Feb 2020

## MEMBERSHIPS

### National Basketball Association (NBA)

### National Association of Basketball Coaches (NABC)