Vincenza Aromando

Defensive Coordinator

Profile

I have over 5 years of experience as a Defensive Coordinator. I have successfully implemented game plans that resulted in wins for my team. I am able to adapt my strategies based on the strengths and weaknesses of my opponents. My players trust and respect me, which has led to a cohesive unit on the field. I am passionate about football and driven to be the best at what I do.

Employment History

Defensive Coordinator at Des Moines Buccaneers, IA

Jun 2022 - Present

- Led the defense to only allow an average of 17 points per game, the lowest in the league.
- Finished first in sacks with 50, while also leading the league in tackles for loss with 103.
- Helped lead the team to a Super Bowl victory.
- Was named Defensive Coordinator of the Year by multiple publications.
- Coached 3 All-Pro defensive players and 6 Pro Bowlers during his tenure as Defensive Coordinator.

Assistant Defensive Coordinator at Cedar Rapids RoughRiders, IA

Aug 2017 - May 2022

- Led the defense to rank in the top 10 nationally in fewest points allowed per game.
- Led the defense to rank in the top 20 nationally in fewest yards allowed per game.
- Had 3 defensive players named first-team All-Conference.
- Had 5 defensive players named second-team All-Conference.
- Coached 2 conference Defensive Players of the Year.

Certificates

Certified Defensive Coordinator (CDC)

Feb 2021

Certified Football Coach (CFC)

Mar 2019

Memberships

American Football Coaches Association

National Football League Coaches Association

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📍 4321 Spring St, Iowa City, IA 52245

Education

Bachelor of Science in Kinesiology at Iowa State University, Ames, IA

Aug 2013 - May 2017

Through my degree in kinesiology I have learned how to effectively communicate with others, how to manage my time efficiently, and how to work independently and as part of a team.

Links

linkedin.com/in/vincenzaaromando

Skills

Football

Strategy

Communication

Leadership

Motivation

Organization

X's and O's

Languages

English

Mandarin