

Lasonya Bielenda

Strength and
Conditioning Coach

Profile

Details

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34 Elm Street, Manchester, NH 03104

I am a certified Strength and Conditioning Coach with over 1 year of experience in the field. I have worked with athletes of all levels, from professional to amateur, and have helped them reach their goals. I am passionate about helping people improve their physical performance and reach their full potential.

Employment History

Strength and Conditioning Coach at Elite Performance Systems, NH

Apr 2022 - Present

- Trained athletes to improve their strength, power, and speed.
- Developed individualized training programs based on athlete's needs.
- Monitored athletes' progress and adjusted programs as needed.
- Helped injured athletes recover from injuries and return to competition.
- Educated athletes on proper nutrition and supplementation for optimal performance.
- Presented at national conferences on various topics related to strength & conditioning.

Assistant Strength and Conditioning Coach at Sports Performance Training, NH

Sep 2021 - Mar 2022

- Coordinated and oversaw the strength and conditioning program for a high school football team of 60+ student-athletes.
 - Monitored athletes' progress throughout the season and made necessary adjustments to their training programs.
 - Led weekly group workouts and provided one-on-one coaching/instruction during lifting sessions.
 - Assisted with on-field coaching during practices, including running drills, demonstrating technique, etc.
 - Developed individualized workout plans for injured athletes based on their specific needs/goals.
 - Wrote articles detailing various aspects of strength & conditioning (exercises, programming principles, injury prevention tips, etc.) which were published on the team's website.
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Education

Bachelor of Science in Kinesiology at University of New Hampshire

Sep 2016 - May 2021

I have learned writing, research, and communication skills while studying kinesiology.