

# Jeremy Raymer

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Indianapolis, IN

Email: jraymer0226@gmail.com

## **Goal:**

Develop and Implement Strength & Conditioning and Flexibility programs for athletic teams and individuals.

## **Education:**

### **IUPUI**

**January 2012 – May 2015**

Bachelor of Science in Kinesiology

Major: Exercise Science

GPA: 3.0

### **Ivy Tech**

**May 2007 – May 2010**

Associates in Applied Science in Business Administration

Major: Business Administration with a concentration in Management

Dean's List: Spring '09

## **Related Experience:**

### **Assistant Strength and Conditioning Coach**

**January 2015 – Present**

*Noblesville High School*

Create and help implement workout programs for Noblesville students and athletes:

- Agility, mobility, speed, strength and power
- Data input and analysis of testing
- Mentor student coaches

### **IUPUI Personal Trainer**

**September 2014 – Present**

*INShape*

Design and maintain a 10 week workout plan for:

- IUPUI students
- IUPUI faculty
- IUPUI staff

### **Dance Instructor**

**June 2014 – July 2014**

*Live, Laugh, Dance*

Dance program for individuals with Down Syndrome:

- Worked one-on-one with a dancer
- Plan and Lead activity stations

**Adaptive Physical Activity Instructor****January 2014 – May 2014***Motor Activity Clinic*

- Implemented lesson plans and activity plans for a child with disability
  - Improved movement and flexibility
  - Enhanced self-esteem, and confidence with new physical skills.

**Health Fitness Instructor and Group Fitness Instructor****August 2013 – Present***Physically Active Residential Communities and Schools*

- Lead group fitness classes
- Create and Implement Workout Plans

**Sport Performance Trainer****June 2012 – Present***Acceleration Indiana - North*

Work with and train athletes in a variety of sports with specific protocols:

- Improve overall athletic performance and self-esteem.
  - Speed and Velocity Training,
  - Plyometrics
  - Strength Training

**Other Experience:****CPR/AED and First Aid Certified****September 2014****Taekwondo Instructor****June 2006 – Present***Korea Taekwondo Academy*

- Teach Students from ages of 4 to 70 the Korean Martial Art of Taekwondo
- Coach/Train athletes for Regional, National and International Events
- Signing prospective students up on membership courses

**Volunteer Opportunities:****Ambassador****June 2014 – Present***Redemption Martial Arts*

Redemption Martial Arts is a non-profit organization that brings awareness to Bullying

- Spread the word of the movement here in the Indianapolis area through:
  - Group Discussions
  - Social Media
  - Blog