

MICHAEL J. PADUA JR.

Certifications

- International Sports Science Association (ISSA) Certified Fitness Trainer (since 2004)
- American Red Cross Adult CPR and Standard First Aide (since 2003)

Education

De Paul University - Chicago, IL 60614 (2003 - 2006)

- Bachelors of Science in Physical Education/Exercise Science
- Minor in Coaching

Work Experience

7 Bridges Ice Arena – Woodridge, IL (2007 - present)

Off-ice Strength & Conditioning Coach

- Athletic Performance
- Instruct off-ice conditioning programs for figure skaters

Five Seasons Sports Club - Burr Ridge, IL (2006 - present)

Fitness Specialist Sport Performance Training for all levels

- High Intensity Training
- Youth Fitness

Metropolitan Club Sears Tower - Chicago, IL (2006 - present)

Personal Trainer

- Athletic Performance
- High Intensity Training
- Joint Stability

St. Rita High School - Chicago, IL 60620 (03/20/2006 - 04/28/2006)

Student Teacher

- Student taught Physical Education
- Coached freshmen boys baseball

De Paul University Athletic Center - Chicago, IL 2005 - Present

Volunteer Strength and Conditioning Coach

- Assist De Paul's Athletes in their workout routines
- Assess and implement new drills to their workouts

DePaul University Cheer Team - Chicago, IL 2005 - Present

Head Strength & Conditioning Coach

- Create a specific strength & conditioning program for each individual
- Periodically facilitate fitness assessments
- Continue training throughout season for optimum performance

Midlothian Mudcats Baseball - Midlothian, IL 2004 - Present

Coach and Team Trainer for 17-18 year olds

- Facilitate conditioning practice twice per week
- First Base Coach and Stat Keeper

Gold's Gym - Orland Park, IL 1999-2001

Front desk & Personal Trainer

- Acquainted new members with the gym and showed them how to use each piece of equipment
- Maintained front counter and assisted customers

Extracurricular Activities

Participated in the following sports; baseball, basketball, boxing, football, volleyball, soccer, karate, snowboarding, powerlifting.