

**C.J. Laird**  
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<b>Objective</b>	Seeking position in Alabama USAG State Board	
<b>Education</b>	<b>University of Alabama</b>	Tuscaloosa, AL
	Bachelor of Science in Fitness Management, 2007	
	<b>University of Alabama</b>	Tuscaloosa, AL
	Bachelor of Arts in Coaching and Psychology of Women's Gymnastics, 2009	
<b>Experience</b>		
2015-Present	<b>Head Over Heels Gymnastics/ Alabama Starz</b>	Birmingham, AL
	<ul style="list-style-type: none"><li>• Oversee day to day operations of sports/gymnastics facility</li><li>• Develop daily workout plans for competitive gymnasts</li><li>• Manages staff and organizes classes for recreational gymnastics</li></ul>	
2007-2015	<b>Legacy Gymnastics</b>	Pelham, AL
	Head Boys' and Girls' Gymnastics Coach	
	<ul style="list-style-type: none"><li>• Started program from scratch, designing gym layout, equipment purchase decisions</li><li>• Oversaw day to day operations of a competitive gymnastics facility</li><li>• Developed daily workout plans for competition team gymnasts</li><li>• Handles communication with team parents</li><li>• Coordinates home and away gymnastics competitions for team</li><li>• Works with children every day to help build strong bodies and minds</li></ul>	
2009 - 2017	<b>U.S.A. Gymnastics</b>	Birmingham, AL
	Alabama State Director for Men's Programs (volunteer position)	
	<ul style="list-style-type: none"><li>• Elected position by all men's coaches in Alabama</li><li>• Coordinate Men's State Meet and Men's State Clinic</li><li>• Administration duties including all recordkeeping for men's teams in Alabama</li></ul>	
2005-2017	<b>Gymnastics Summer Camp Coach</b>	
	University of Alabama Gymnastics Camp, 2005-17	Tuscaloosa, AL
	<ul style="list-style-type: none"><li>• Coached with National NCAA Championship Coaches Sarah and David Patterson, Bryan Raschilla, Dana Dobransky Duckworth</li><li>• Coaching, spotting for participants, Levels 1-10</li></ul>	
	Louisiana State University, 2012-2015	Baton Rouge, LA
	<ul style="list-style-type: none"><li>• Coached with Coaches DD Breaux and Bob Moore</li><li>• Coaching, spotting for participants, Levels 1-10</li></ul>	
	FlipFest Camp, 2010-2017	Crossville TN
	<ul style="list-style-type: none"><li>• Coached with John McCready and John Rothlisberger</li><li>• Coaching, spotting for participants, Levels 1-10</li></ul>	

2005-2008	<b>University of Alabama Gymnastics</b> Women's Gymnastics Team Manager (NCAA Scholarship position) <ul style="list-style-type: none"> <li>• Helped coaches organize practices of collegiate athletes</li> <li>• Responsible that appropriate equipment was in correct place when needed</li> <li>• Travelled with team to assist with equipment placement during competition</li> <li>• Helped design workout plans for athletes</li> <li>• Worked with and learned coaching and spotting skills from NCAA Gymnastics Championship Coaches</li> </ul>	Tuscaloosa, AL
2003-2004	<b>University of Alabama</b> University Mascot "Big Al" (NCAA Scholarship position) <ul style="list-style-type: none"> <li>• Represented the University at all athletic events to build team spirit</li> <li>• Represented University at special events (nursing homes, fund-raising events, Magic Moments)</li> </ul>	Tuscaloosa, AL
2002-2007	<b>Tuscaloosa Tumbling Tides</b> Boys' and Girls' Gymnastics Coach (part-time) <ul style="list-style-type: none"> <li>• Coached girls' team, Levels 4-10; boys' team, Level 4</li> <li>• Taught pre-team classes</li> <li>• Started first boys' team at Tuscaloosa Tumbling Tides</li> </ul>	Tuscaloosa, AL
1999-2002	<b>Joel Inman Gymnastics Academy</b> Boys' and Girls' Gymnastics Coach <ul style="list-style-type: none"> <li>• Coached boys' team</li> <li>• Taught pre-team classes</li> </ul>	Birmingham, AL

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#### Related Coursework

Physiology of Exercise, Human Anatomy and Physiology, Athletic Training  
Adapted Physical education, Evaluation and Measurements  
Management, Marketing, Accounting, Public Relations, Communications  
Advanced Life Saving, Water Safety Instruction  
Sociology, Psychology (Aging, Abnormal, Developmental, Social)  
U.S.A. Gymnastics Safety Certification, First Aid and CPR Certified

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