


# Samma Candreva

## Gymnastics Coach

Enthusiastic Gymnastics Coach with 1 year of experience in teaching and guiding athletes of all ages. Possesses strong communication and motivational skills, along with a solid foundation in gymnastics techniques and safety protocols. Demonstrates a proven ability to develop athletes' skills, instill discipline, and foster a positive environment for growth and achievement.

[samma.candreva@gmail.com](mailto:samma.candreva@gmail.com) 

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123 Oak Street, Lexington, KY   
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### Education

**Bachelor of Science in Physical Education with a specialization in Gymnastics Coaching at University of Kentucky, Lexington, KY**

Aug 2018 - May 2022

Relevant Coursework:

Gymnastics Coaching Techniques, Biomechanics, Exercise Physiology, Motor Learning and Development, Sports Nutrition, Injury Prevention, and Strength and Conditioning.

### Links

[linkedin.com/in/samacandreva](https://www.linkedin.com/in/samacandreva)

### Skills

Spotting



Choreography



Conditioning



Flexibility



Motivation



Progressions



Injury prevention



## Employment History

### Head Gymnastics Coach at Kentucky Gymnastics Academy, KY

Feb 2023 - Present

- Successfully trained and developed a team of 20 gymnasts, leading them to win over 50 individual and team awards in various state and regional competitions within two years.
- Increased overall membership of the academy by 35% through effective marketing strategies and community outreach programs, resulting in a significant boost in revenue and resources for the academy.
- Implemented a comprehensive coach training program, resulting in an 80% improvement in coaching staff retention and a 25% increase in overall coaching effectiveness, as measured by athlete performance and satisfaction.

### Assistant Gymnastics Coach at Champion Gymnastics, KY

Sep 2022 - Jan 2023

- Successfully increased class enrollment by 25% within one year, resulting in a significant boost in the gym's overall revenue and membership.
- Developed and implemented a comprehensive training program for beginner and intermediate gymnasts, leading to a 30% improvement in skill progression and competition results for the team.
- Mentored and coached two gymnasts who went on to win state championships, placing Champion Gymnastics on the map as a top competitive gymnastics facility in Kentucky.

## Certificates

### USA Gymnastics Coach Certification

Apr 2022

### International Gymnastics Federation (FIG) Coaching Academy Level 1-3 Certificates

Jul 2020

## Memberships

USA Gymnastics (USAG)