

David Chen

SPRINTER

(206) 555-1923
david.chen@gmail.com
United States, Seattle, WA

SKILLS

Speed & Acceleration Training	Expert
Strength & Conditioning	Expert
Injury Prevention & Recovery	Expert
Competitive Mindset & Mental Toughness	Expert
Time Management & Discipline	Expert
Performance Analysis	Expert

AWARDS

- PAC-12 Conference Silver Medalist – 2023
- High School MVP – 2021
- School Record Holder – 100m Dash – 2020

PROFESSIONAL SUMMARY

Dedicated and results-driven track and field athlete specializing in sprints and relays. Proven track record of breaking personal and team records, with a strong commitment to training, nutrition, and injury prevention. Adept in strategic competition, goal-setting, and performance analysis. Seeking opportunities in sports analytics, athletic training, or coaching.

EXPERIENCE

August 2021 - Now

Sprinter – 100m, 200m, 4x100m Relay

University of Washington / NCAA Division I

- Personal best: 100m – 10.45s | 200m – 21.32s, consistently placing in the top 5 in major meets.
- Silver medalist in the 2023 PAC-12 Championships (4x100m relay), contributing to the team's success with an anchor leg time of 20.9 seconds.
- Maintain peak physical condition by following a rigorous nutrition and recovery regimen, including periodized strength and conditioning programs.
- Collaborate with coaches to develop race strategies and improve individual performance metrics.

August 2017 - May 2021

Track Team Captain

Seattle High School /

- Broke the school record in the 100m dash with a time of 10.65s, a record that stood for over five years.
- Led the team to regional championships, contributing to the team's success in both individual events and relays.
- Managed team training schedules, including pre-race warm-ups, motivational talks, and setting team goals.
- Assisted in recruiting and mentoring new athletes, fostering a positive and supportive team environment.

EDUCATION

Bachelor's Degree in Exercise Science

University of Washington / Expected May 2025

- Relevant Coursework:** Sports Physiology, Biomechanics, Advanced Strength & Conditioning
- Academic Achievements:** Dean's List (2022, 2023), GPA: 3.75/4.0

Certifications

Sports Nutrition Certification / Issued April 2023 by ISSA