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# BRYAN GREGORY MEEK

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## OBJECTIVE

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My goal is to inspire, guide, and develop young athletes to become the best version of themselves through coaching and weight training.

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## EXPERIENCE

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**Personal Trainer (2016-Present)** - I have 1 on 1 experience with young athletes who need assistance learning the game of football and its required movements. My focal point is wide receivers in football and sprinters/jumpers in track and field.

**Sports Specific Trainer (2019-Present)** - I have group teaching experience in both training and coaching settings. I am also the head coach of the 15U 7v7 team for the Bullitt Football Academy in Rowlett, TX.

**USA Flag Football Player (2018-Present)** – I am on the US National Flag Football team and won gold at the International Federation of American Football's (IFAF) World Championships in 2018. I'm currently on the 2020-2021 team as a wide receiver.

**24 Hour Fitness Employee (2014-2016)** - Served as a team leader and sales advisor for my time with 24 Hour Fitness. I have helped many people begin and maintain their fitness journey while working as a team player in a gym setting.



## EDUCATION

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### **Poteet High School** Fall 2008- Spring 2012

Football Awards: Three Year Varsity Starter (2010), State-Semifinal Team (2011), Honorable Mention All-District (2012), Fighting Heart Award (2012)

Track Awards: Third Place District Long Jump (2012), Regional Long Jump Qualifier (2012)

Band Awards: Freshman in Honor Band (2009)

Leadership Awards: Lighthouse Award (2012), Citizenship Award (2009-2012)

### **Mississippi College** Fall 2012- Spring 2013

Football Awards: Freshman Starter (2012)

### **Eastfield College** Fall 2013- Spring 2014

### **Texas A&M- Commerce** Spring 2019- May 2021

*B.S. in Kinesiology Sports Studies with a focus in Physical Education K-12 (Magna Cum Laude)*