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Meera Patel Ortiz

Performance Director

Experienced performance director in sports science and athlete development. Designs training programs that elevate performance across multiple sports, using evidence-based assessments to maximize potential.

CONTACT



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LinkedIn



Nashville, TN 37203

KEY SKILLS

- 3D motion capture (Vicon)
- Program design & evaluation
- Community outreach

PROFESSIONAL EXPERIENCE

PERFORMANCE DIRECTOR | GRIDIRON ATHLETICS, KNOXVILLE, TN
JUNE 2021 – PRESENT

- Lead 12 coaches managing schedules for 200+ athletes across 15 sports.
- Grew facility revenue by \$175K in FY 2022 with new private and small-group training options.

PERFORMANCE COACH | GRIDIRON ATHLETICS, NASHVILLE, TN
MARCH 2017 – MAY 2021

- Conducted 600+ on-site assessments and improved 40-yard dash times by 0.5s on average.
- Increased youth enrollment by 40% through a mentorship program.

EDUCATION

- M.S. in Kinesiology, University of Tennessee, Knoxville, TN | May 2017
- B.S. in Exercise Science, Nashville State Community College, TN | June 2013

CERTIFICATIONS

- Performance Enhancement Specialist (NASM) - January 2015
- Certified Strength & Conditioning Specialist (NSCA) - June 2014