



Zainab Valdez

Assistant Coach

CONTACT INFORMATION



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Galesburg, IL 12345

EDUCATION

BS, Exercise Science

Western Illinois University, Macomb, IL
2020 - 2024

KEY SKILLS

- Defensive Back Coaching
- Practice Planning
- Video Analysis Software
- NFHS Rules and Guidelines
- Concussion Reporting Protocols
- Player Academic Eligibility Tracking
- Heat Illness Prevention Protocols
- Athletic Conditioning Equipment
- Game Film Breakdown
- Microsoft Excel

ABOUT ME

Entry-level football coach with 2 years of experience planning position-specific drills for defensive backs and linebackers while tracking player development through video analysis software and NFHS rules compliance. Raised defensive back pass-breakup rates by 22.04% over one season through individualized footwork and hip-turn drills tracked in video analysis software.

PROFESSIONAL EXPERIENCE

Assistant Coach I 2025 - Present

Prairie Creek High School, Galesburg, IL

- Plan and lead 5 practice sessions per week for a defensive back unit of 9 players, structuring position-specific drill progressions around upcoming opponents.
- Raised defensive back pass-breakup rates by 22.04% over one season through individualized footwork and hip-turn drills tracked in video analysis software.
- Counseled 14 athletes on academic planning and study scheduling, helping the group raise its average grade marks from a C+ to a B- within one semester.
- Provide nutritional guidance and hydration reminders aligned with heat illness prevention protocols during summer conditioning sessions lasting up to 3 hours.

Volunteer Assistant Coach I 2024 - 2025

Knox County High School, Knoxville, IL

- Assisted the defensive coordinator in preparing 4 practice sessions per week for 12 linebackers and safeties across a 10-game schedule.
- Improved tackling technique scores for 8 sophomore defenders from an average of 5.4 to 7.1 on the staff's 10-point grading rubric within 6 weeks.
- Stayed current on NFHS rules changes and shared written summaries with coaching staff before each season, covering 17 updated rule interpretations.
- Filed concussion reporting protocol documentation within 10 minutes of any suspected head-contact event during practices and games.