



FRANK SATTERFIELD JR

Youth Sports & Fitness Coach

COACH & TRAINING EXPERIENCE

Youth Coach (5 Years)

- Specialized in personal training for children, focusing on football, track & field, and flag football. Emphasize fun, foundational skills, and overall techniques for age 4+, fostering confidence and athletic development.

Fitness Trainer (5 Years)

- Trained adults in weight loss, cardio, building muscle, weight training, diet, and overall fitness, achieving measurable results in health and performance.

ATHLETIC BACKGROUND & ACHIEVEMENTS

- 32 Years of Sports Participation: Extensive experience in football, basketball, track & field, weight lifting, Cross Training, and obstacle course races.**
- 20 Years of Football Experience: From little league to high school, Division 1 college, and semi-professional levels.**
- Semi-Professional Athlete (Football).**
- Former Division 1 Football Player & Track & Field Student Athlete: Syracuse University.**
- NIAA State Champion: 4x200m and 4x400m relays.**
- Southern Nevada Rushing Yard Leader.**
- 1st Team All-State Nevada (Football).**
- 4-Year Varsity Track Winner.**
- 2-Year Varsity Football.**
- 2-Year Varsity Basketball.**
- Male Student Athlete of the Year.**
- Nevada Top 10 Student Athlete.**

ABOUT ME

As a Las Vegas native born and raised, and current Henderson, NV resident, I'm a God-fearing husband, father of four children, and owner of two dogs. With 14 years in Corporate IT and my current role as a Technology Manager for a well-known video game publisher, I blend my passions for gaming and fitness to give back to the community. This community gave me incredible opportunities as a child and student athlete, and now I want to inspire the next generation to appreciate themselves and the value of extracurricular activities through dedicated coaching.

EDUCATION

Syracuse University

- B.S Computer Engineering
 - Football | Track & Field

Green Valley High School

- Advanced Diploma

CONTACT

702.764.2468

GamerFlexBusiness@gmail.com