



# 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

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