Jair Lee

Permanent Address
17805 N. 40th St. Apt 210, Phoenix AZ, 85032
P: 626-329-3460
JLee@TeamExos.com

OBJECTIVE

Provide the highest performance enhancement solutions to athletic teams and individuals through education and application of diverse training systems and methods

EDUCATION

2011 **California State University, Fullerton**

Bachelor of Science in Kinesiology - Strength and Conditioning ***GPA: 3.65*** - Cum Laude

Related coursework: Biomechanics, Strength and conditioning, Exercise physiology, Techniques of coaching, Motor control and learning, Sports nutrition, Sports psychology, Care and prevention of sports injuries, History and philosophy of human movement, Principles of human movement, Sports-games-culture, Instructional analysis of human movement, and Worksite health promotion.

CERTIFICATIONS

- NSCA Certified Strength and Conditioning Specialist (2011)
- ACE Certified Personal Trainer (2008)
- Mt.San Antonio College - Certified Fitness Specialist/Personal Trainer (2006)
- American Heart Association CPR-AED
- XPS Performance Specialist Certification

EXPERIENCE

2011-Present ***EXOS (formerly* Athletes' Performance), Phoenix, AZ**
Performance Specialist

- EXOS Education Team – Lead Educator and Event Manager for Latin America (2017-Present)
- Performance Specialist consultant for Clube Atlético Paranaense, Brazil (Summer 2016)
- Lead Performance Coach for Sereno and Scottsdale Blackhawks Soccer Clubs (U-14, U-16 Boys and Girls)
- Head Performance Coach for Pro Day football groups at EXOS Arizona (2015-present)
- Head Performance Coach of the College Prep program at EXOS Arizona (2012-present)
- Assistant Performance Specialist for Poland National Soccer Team during EURO 2012 training camp
- Performance Specialist consultant for Estudiantes De La Plata soccer team, Argentina (Spring 2012)
- Club America, México -Designed and implemented a 10-day pre-season training camp (Winter 2011)
- Venezuelan National Soccer Team -Designed and implemented a 12-day pre-season strength training camp (Fall 2011)
- Argentine Women's Field Hockey Team - Designed and implemented a 10-day pre-season strength training camp (Summer 2011)
- Intern Coordinator for the Arizona facility (2012-present)

2011 **L.A. Galaxy, Carson, CA**
Assistant Strength and Conditioning Coach – Internship

- Responsible for programming and implementing testing, warm-up routines, and strength training sessions.
- Players' post-injury strength training in conjunction with medical staff

2011 **Athletes' Performance, Carson, CA**
Internship

- Assisted performance coaches with the training of professional, elite athletes, and general population clients
- Learned Athletes' Performance training methodology through applied sessions, lectures and online-education

2010 **California State University , Fullerton, CA**
Men's Hockey and Women's Lacrosse Volunteer Strength and Conditioning Coach – Fall Semester

- Designed and implemented strength and conditioning programs, and guided practice and pre-game warm ups

2010 **Core Performance Center , Santa Monica, CA**
Performance Coach (part time coach)

- Coached clients through their workouts, designed and modified training prescription

CORE SKILLS

- Fluent in English, Spanish; Proficient in Italian; Strong sports nutrition knowledge; Tech savvy