

Eliot G. Allen Sr.

Princeton, TX 75407

Phone: 214-893-9092 E-Mail: Eliotallen@hotmail.com

PROFESSIONAL SUMMARY

Performance coach and small business owner with 10+ years of experience in strength & conditioning, sports performance, and fitness management. Proven track record of driving client results, leading teams, and growing training operations. Expertise in athlete development, corrective exercise, and high-performance programming across youth, general population, and elite athletes.

Education:

- **University of North Texas:** B.S in Kinesiology, Minor in Health Promotions
- **Certifications:** NSCA-CSCS, NASM- CPT, NFPT-CPT, NASM-PES, NASM-CES, EXOS-Performance Specialist, USAW-Level 1, Precision Nutrition, and First Aid/CPR/AED)

Skills and Expertise: Leadership & Team Management, Customer Relations & Sales, Business Development, Strength & Conditioning, Sports Performance, Nutrition & Lifestyle Coaching, Weight Loss & Fat Reduction, Corrective Exercise & Injury Prevention

Eliot Allen Training & Performance — *Owner / Strength & Conditioning Coach*

Princeton, TX | January 2024 – Present

- Founded and scaled a performance training business through grassroots marketing, referrals, and community engagement
- Deliver 30–40 weekly training sessions across general population and student-athletes
- Design individualized programs for strength, hypertrophy, fat loss, and sport-specific performance
- Combine training and nutrition strategies to improve body composition and athletic output
- Maintain strong client retention through personalized coaching and results-driven programming

Stephen G. Terrell Recreation Center — *Personal Trainer*

Allen, TX | July 2024 – Present

- Provide individualized training programs tailored to client goals including weight loss, strength, and overall fitness
- Conduct fitness assessments and track client progress to ensure measurable outcomes
- Build and maintain client relationships to support retention and referrals

D1 Sports Training — *Facility Manager | Associate Head Strength & Conditioning Coach*

Dallas / Allen, TX | September 2022 – January 2024

- Managed daily facility operations and supported overall business performance alongside General Manager
- Recruited, hired, and developed coaching staff to maintain high performance standards

- Designed and implemented sport-specific training programs for youth to elite athletes
- Coached athletes including members of the Dallas Stars Elite hockey program
- Directed Summer Speed & Agility Program and led group, team, and 1-on-1 training sessions
- Conducted performance assessments and provided nutrition guidance to enhance development

EXOS — *Program Manager*

Plano, TX | September 2021 – September 2022

- Oversaw facility operations including payroll, budgeting, and financial reporting
- Led member acquisition, onboarding, and retention initiatives
- Managed staff hiring, training, and professional development
- Directed group fitness programming and coached both in-person and virtual sessions
- Designed health promotion programs aligned with organizational goals
- Delivered personal training and developed programs for diverse and high-risk populations

Sports Academy (formerly Mamba Sports Academy) — *Performance Coach*

Frisco, TX | August 2020 – December 2020

- Coached sport-specific performance programs for youth and professional athletes
- Developed individualized training plans based on assessments and performance goals
- Supported return-to-play protocols in collaboration with sports medicine staff
- Assisted with performance tracking, recovery strategies, and facility operations

Life Time Fitness — *Personal Trainer*

Plano, TX | October 2017 – July 2020

- Delivered customized training programs for a diverse client base including youth athletes
- Conducted fitness assessments and provided nutrition and lifestyle coaching
- Led group classes and metabolic conditioning programs
- Consistently exceeded performance targets, generating a \$10K monthly trailing average
- Recognized with the 2019 Artistry Award as part of a top-performing training team nationwide

ADDITIONAL EXPERIENCE

- Personal Trainer, Gold's Gym — Plano, TX (2013–2017)
- Head Personal Trainer, University of Texas at Dallas — Richardson, TX (2011–2013)
- Personal Trainer, LA Fitness — Houston, TX (2010–2011)
- Performance Coach, Breakaway Speed Sports Training — Houston, TX (2009–2010)