

## **Antone B. Harris**

8904 Sonnet Hill ct. • Richmond, VA 23236  
276-9496

### **EMPLOYMENT OBJECTIVE**

To obtain a position as a Coach where I can prove my hard working ability to contribute to the growth of the organization.

### **QUALIFICATIONS**

- Demonstrating the use of sports and training equipment, such as trampolines or weights
- Preparing scouting report that detail player assessments and provide recommendations for recruitment
- Instructing players in sports rules, game strategies and performance principles
- Evaluating athletes' skills to determine their fitness and potential in a particular area
- Planning, organizing and conducting practice sessions
- Planning strategies and choosing team members
- Planning and directing physical conditioning programs for athletes
- Adjusting coaching techniques based on the strengths and weaknesses of athletes
- Analyzing the strengths and weaknesses of opposing teams in order to develop game strategies
- Managing and directing people and programs
- Giving information on events and procedures
- Providing recreation and entertainment activities
- Planning recreation and entertainment activities

### **ACCOMPLISHMENTS**

Basketball League MVP 1999/2003  
AAU Participant  
Most Improved Player 1987/1989  
Soccer Championship 2005  
Volley Ball Championship 2007  
Awarded Most Outstanding Player 1987/1991

### **EDUCATION AND TRAINING**

January 1996 G.E.D. Classes Buckingham Corr. Center  
Monacan, VA

### **HOBBIES AND INTERESTS**

- Photography
- Volunteerism
- Coins
- Cooking
- Basketball
- Bowling
- Baseball
- Football