

# Verneda Mettlach

Baseball Coach

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MO 63301

## Education

### High School Diploma at Missouri State University

Aug 2013 - May 2017

I have completed high school and am now a proud high school graduate. I have worked hard over the years and am proud of my accomplishments.

## Links

[linkedin.com/in/vernedamettlach](https://www.linkedin.com/in/vernedamettlach)

## Skills

Thorough understanding of the game

In-depth knowledge of techniques and strategies

Ability to analyze opponents and make adjustments

Excellent communication and leadership skills

Motivational ability

Organizational skills

## Languages

English

Urdu

## Profile

I am a baseball coach with over 5 years of experience. I have coached both children and adults in the sport, and have helped my teams to achieve success both on and off the field. I am passionate about teaching the game of baseball, and strive to instill a love for the sport in all of my players. In addition to coaching, I also have experience managing team finances, scheduling practices and games, coordinating travel arrangements, and handling media relations. I am an organized and effective leader who is able to motivate others to reach their full potential.

## Employment History

### Head Baseball Coach at St. Louis Cardinals, MO

May 2022 - Present

- Led team to state championship.
- Won over 80% of games coached.
- Developed players who went on to play professionally.
- Coached at the Olympics/World Games level (indicate which ones) Beijing, China - 2000 / Athens, Greece - 2004 / Sydney, Australia - 2008. Developmental Program Director for USA Baseball from 2001-present. National Team Head Coach in 2006 and 2007 winning Gold Medal in Pan American Games both years. 2010 World Championships gold medalist as an assistant coach.

### Assistant Baseball Coach at Kansas City Royals, MO

Jul 2017 - Apr 2022

- Led team to a winning record in 20xx.
- Led team to divisional title in 20xx.
- Helped develop all-star player who was drafted by Major League Baseball organization in 20xx.
- Created detailed practice schedule that helped improve players' batting average/pitching accuracy/fielding percentage by x%.
- Trained athletes on proper weightlifting and conditioning techniques to help prevent injuries.
- Wrote informative blog posts about baseball which generated XYZ pageviews.

## Certificates

### NFHS Baseball Coaches Certification (NBCC)

Dec 2020

### Amateur Athletic Union Certified Coach License-Baseball/Softball (AACCL)

Aug 2019

### Positive Coaching Alliance Double-Goal Coach 1st Certificate Course(PCADGC1CC)

Nov 2017