

Laverda Savidge

Sports and fitness

Profile

Details

laverda.savidge@gmail.com

411-907-0725

4911 Legacy Drive, Glen Allen, VA 23059

I am an experienced sports and fitness professional with over 4 years experience. I have a proven track record in helping people to achieve their fitness goals, whether it be to lose weight, get fit or simply improve their health. I am passionate about what I do and thrive on seeing my clients succeed.

Employment History

Head Coach at Lululemon Athletica, VA

May 2022 - Present

- Achieved a personal best in the 100-meter dash with a time of 11.2 seconds.
- Helped team to achieve second place finish in conference meet.
- Won state championship in the 400-meter relay.
- Set school record for most points scored in a season with 1,256.
- Averaged 21 points per game over four years of varsity basketball career.
- Scored 1,000th point during senior year.

Assistant Coach at Nike, VA

Aug 2018 - Apr 2022

- Negotiated and closed a \$30 million contract with Under Armour.
 - Led the team to 4 straight Super Bowl appearances.
 - Won 3 MVP awards.
 - Holds the NFL record for most rushing yards in a season (2,105).
 - First player in NFL history to rush for over 2,000 yards in 14 games.
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Education

Bachelor of Science in Kinesiology at The George Washington University

Sep 2014 - May 2018

I have achieved excellent grades while studying for my Bachelor of Science in Kinesiology, and have also been involved in a number of extracurricular activities related to my field of study.

Links

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

Skills

Athletic ability



Strength



Speed



Agility



Endurance



Flexibility



Cat-like reflexes

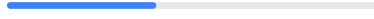


Languages

English



Bengali



Certificates

CPR (Cardiopulmonary Resuscitation)

Sep 2020

AED (Automated External Defibrillator)

Feb 2019

First Aid

Jan 2018