



# YC

# YVONNE CAPLES

BOXING & FITNESS TRAINER | YTCAPLES@GMAIL.COM

## OBJECTIVE

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To coach and train adult and youth interested in boxing for fitness and competition.

## SKILLS

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Skilled at designing fast-paced, engaging classes that develop a variety of skills and fitness levels. Experienced with working with a diversity of ages and backgrounds in individual and group settings.

## EXPERIENCE

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### COACH • GIRLS ON THE RUN • MARCH 2022-PRESENT

Teach Girls on the Run methodology and lessons to 3-5<sup>th</sup> grade girls. Encourage and motivate girls to set running goals and complete 5k run. Work with other coaches to coordinate plans and coaching responsibilities.

### BOXING COACH • JAWBREAKER BOXING • JANUARY 2014- JUNE 2015

Planned and taught boxing fitness classes to adults. Worked one on one with individual clients. Supervised sparring sessions.

### BOXING OFFICIAL • USA BOXING • JANUARY 2013 - JUNE 2014

Judged and refereed a variety of boxing competitions including collegiate and local amateur tournaments.

### BOXING COACH • SECOND ROUND BOXING • AUGUST 2013- DECEMBER 2016

Planned and taught boxing classes to at risk youth. Coached amateur boxers and prepared them for amateur boxing competitions. Coached and worked corner at amateur boxing competitions.

### ONLINE PE/HEALTH TEACHER • CCSD VIRTUAL HIGH SCHOOL • JUNE 2006- AUGUST 2011

Developed and taught online health and physical education courses for high school students. Held live meetings via conferencing software. Assessed and evaluated progress of students in courses. Assisted and trained new PE/Health teachers.

### BOXING COACH • NEVADA BOXING • JUNE 2003- JULY 2006

Helped run and manage boxing gym. Taught classes to adults and youth. Trained individual clients and competitive boxers.



EMAIL



TWITTER HANDLE



TELEPHONE



LINKEDIN URL



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**BOXING COACH • CORONADO HIGH SCHOOL • AUGUST 2001- JUNE 2003**

Organized and developed afterschool boxing program for high school students. Coached students in basic boxing skills and provided bi-weekly workout sessions after school.

**BOXING COACH • UC BERKELEY BOXING TEAM • AUGUST 1997- MAY 1999**

Organized and developed first women's university competition team. Coached and developed boxers interested in competitive tournaments. Coached and worked corner at intercollegiate events including national tournament.

## **EDUCATION**

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**M.S. IN SPORT COACHING • MAY 2005 • UNITED STATES SPORTS ACADEMY**

**B.A. ENGLISH • DECEMBER 1994 • UNIVERSITY OF CALIFORNIA, BERKELEY**

## **COMPETITIVE BOXING EXPERIENCE**

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Competed in 20 amateur bouts and 22 professional bouts from 1995-2014. Competed in 3 national amateur tournaments and won the 1999 National Golden Gloves Tournament. Fought in 8 professional title bouts including the WBC, WIBA and IFBA World Title bouts. Won the IFBA Junior Flyweight World Championship in 2003. For more information, visit my boxing website: <https://ytcboxer.weebly.com>



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