**Career Development Plan**

**Student: Omar Lane**

**Ideal Entry-Level Job Description:**

* Industry
* Organization
* Job Title
* Reporting Supervisor
* General Responsibilities
* Hours
* Compensation
* Benefits
* Opportunities for Advancement

**Qualifications for Ideal Job** (Identify preparation - past and future - to qualify you for your ideal position):

**I have some experience in coaching as I coached a summer track team for four years. I am also an athlete in track and field which makes me familiar with the different training techniques regimes to bring success in aspects of coaching.**

Philosophy Statement (Given the growing nature of the sport and recreation industry, identify your philosophy for what it takes to find a full- time job and succeed in a satisfying career in the field.):

**To achieve success in my career I will need to obtain a graduate assistant for a certain university to gain experience in the coaching environment, and also receive a master’s degree in the process. These two steps will bring success in my career.**

**Discovery Worksheet**

List 5 adjectives that describe you best

* 1.**dedicated**
* 2.**persistent**
* 3.**motivated**
* 4.**ambitious**
* 5.**patient**

List 5 adjectives that describe you worst

* 1.**undisciplined**
* 2.**laxidazical**
* 3.**impatient**
* 4.**unstudious**
* 5.**nonchalant**

Identify your 3 biggest fears in the job search / acquisition process

* 1.**finding the right university**
* 2.**rejection**
* 3.**time period to find a job**
* Identify what you want your life to look like a year after graduation

**I want to begin my graduate assistant position after graduation and I’m hoping to relocate to a university with great weather and living conditions.**

* Identify what challenges you face to make that happen

**I will need to get in contact with coaches at several universities to find job openings.**

* Identify what commitments you need to make to face those challenges

**I need to continue building my resume to market myself to several coaches for a possible opportunity.**

* Write a 15 second elevator speech about yourself

**I will bring dedication and a hard-working attitude to any organization to help improve the track and field program. I am also a hard working student athlete who has had much success on and off the track.**

* Write a 45 second commercial about yourself

**When describing myself, I would think of myself as a disciplined individual due to the amount of commitment in improving my overall success in every aspect of my life. I spent much of my time training and completing schoolwork which is the reason I’m a semester away from completing my undergrad.**

**SWOT Analysis – (Internal) Things You Control**

|  |  |  |
| --- | --- | --- |
| **Rank** | **Your STRENGTHS** | **Your WEAKNESSES** |
|  | Skills related to your field**Experience coaching****Current track athlete****Familiar with sport** | Skills related to your field**Haven’t coached collegiate level****Not much experience in nutrition** |
|  |  |  |
|  | Management**Familiar with many management strategies****Managed staff on a field trip** | Management**Little experience in managing****Have not managed no more than three individauls** |
|  |  |  |
|  |  |  |
|  | Teamwork**Can work with anyone****Very cooperative****Much experience due to sports** | Teamwork**Do not like to do all of the work****Can’t work with people who are lazy** |
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|  |  |  |
|  |  |  |
|  |  |  |
|  | Communication**I am very dependable****Have various sources of communication** | Communication**Main way to contact me is email or cell phone** |
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|  |  |  |
|  | Technology**Very familiar with most technology****I’m very experienced with computers** | Technology**I depend too much on technology****Can become a distraction** |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Social**Very friendly individual****I am friends with most individuals I come in contact with** | Social**I need to expand my networks****I need to make more professional contacts** |
|  |  |  |
|  |  |  |
|  |  |  |
|  | Personal - Family/Health | Personal - Family/Health |
|  |  |  |
|  |  |  |
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|  |  |  |

Look at your skills and abilities in your personal and professional life. Identify strengths and weaknesses relative to your marketability for employment in your chosen field. Where are you now? What are your strengths? What are your weaknesses? Once you know your strengths and weaknesses, you will know what areas to promote and can formulate your goals for where you would like to be.

**Strengths: I am a very successful track and field athlete which will allow me to have a better understanding of the sport than the average person.**

**I have experience in coaching a children track and field program**

**I am familiar with the constructing for workout plans for athletes**

**I have an internship with an organization that addresses the theme of exercise for children and adults**

**Weaknesses: not familiar with the process of gaining a graduates position**

**Not enough coaching experience for athletes in my industry level**

**SWOT Analysis: (External) Things You Don't Control**

|  |  |
| --- | --- |
| **OPPORTUNITIES you can use** | **THREATS that face you** |
| Economy/ Demand for jobs**There are many universities that need coaches****There are many positions available for track and field** | Economy/ Demand for jobs**The starting salary isn’t as high as expected****There can be times when a coach isn’t needed** |
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|  |  |
| Social Trends**I can find possible opportunities from social media** | Social Trends**People can undermine the importance of a coach** |
|  |  |
|  |  |
|  |  |
| Political**Will not be affected by any governmental issue since coaching isn’t a government job** | Political**Will have a disadvantage in receiving a job if another candidate is more familiar with the employer** |
|  |  |
|  |  |
|  |  |
| Technology**The internet will provide me with insight on possible job openings** | Technology**There can false advertisement over the internet which will lead me to a wrong opportunity** |
|  |  |
|  |  |
|  |  |
|  |  |
| Advancement Availability**There will continue to be opportunities in my field** | Advancement Availability**It will be difficult to find the right time to find the certain position I’m trying to obtain** |
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|  |  |
|  |  |
| Location (Job, Geography)**I can find a career in my field in any location** | Location (Job, Geography)**The geography can affect my training regime for the athletes I’m working with** |
|  |  |
|  |  |
|  |  |
| Workplace Culture**I will be very comfortable since I’m already used to the track and field workplace** | Workplace Culture**I am not experienced with the other aspects of coaching besides training athletes** |
|  |  |
|  |  |
|  |  |
| Required Education**I am obtaining my degree to become qualified for the position** | Required Education**My school will not be as well recognized as someone coming from a division 1 institution** |
|  |  |
|  |  |

Look at the factors above and list items that have an impact on your career. Identify opportunities and threats for ANYONE with similar qualifications and experiences to become successfully employed in your chosen field. Look at the career you want. What is the education that you need? Can you get a job anywhere or only in a certain part of the country? These are all factors that you can't control which will influence your career. Knowledge of these issues can help you make better decisions.

**The Items above that impacts my career are: Required education, Economy/Demand for Job, and Location.**

**Opportunities in my chosen field include working with a university coach to have experience in the several task that a coach is required to perform on a day to day basis. Also obtaining coaching experience with children is a great opportunity.**

**Threats in my chosen field include the many other individuals interest in becoming a coach.**

**The education that is required for my chosen field is at least an associate’s degree but a bachelor’s degree is more acceptable.**

**I can get a job in my field in almost any part of the county.**

**Goals Worksheet**

Age Now: \_\_\_21\_\_ Age in 10 years: \_\_31\_\_\_

**My Vision of my life in 10 years:**

|  |  |
| --- | --- |
| **My Life** |  **My Ideal Life:** |
| Career | Track and field coach |
| Income | $75,000 |
| Net Worth | $65,00 |
| Home(s) | 1 |
| Geography | Western United states, sunny weather |
| Lifestyle | Physically fit individual |
| Health | Very healthy individual from being physically fit |
| Family | A wife with two sons |
| Relationship | A wife  |
| Education | Master’s degree, possibly doctorate |

**My Hedgehog**

***I am deeply passionate about…***

\_\_track and field\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_helping others\_\_\_\_

Seeing others achieve

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

***I am the best***

***in the world at…***

\_\_\_being patient\_\_\_\_\_ \_\_\_\_

\_\_\_\_following directions \_\_\_\_\_\_\_\_

\_\_\_\_being dedicated\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

Passion

Best in World

How I make
 money

**My Goals**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Health** | **By When** | **Career** | **By When** | **Personal** | **By When** |
| **1 year** | **1.still vigorously training** |  | **1.Graduate assistant position acquired** |  | **1.in graduates school** |  |
| **2.beginning better eating habits** |  | **2.in graduates school** |  | **2.moved out of state** |  |
| **5 year** | **1.at top shape** |  | **1.full-time assistant coach** |  | **1.having my own home** |  |
| **2.on an athletic diet** |  | **2.attending usatf clinics** |  | **2.in my career field** |  |
| **10 year** | **1.disease free** |  | **1.full-time assistant/Head coach** |  | **1.have a wife and a child** |  |
| **2.still physically actice** |  | **2.building my own program** |  | **2.living in my dream home** |  |

**Career Goals and Action Plans (use the information from the chart above)**

**Within 6-8 months (Graduation)**

i. Goals: Identify two-three goals to assist you in becoming more marketable for a career.

* a.**graduates position acquired**
* b.**in graduates school**
* c.**at top shape**

ii. Action Plan: Identify an action plan for achieving one of the goals

* a.**will continue to perform well in my sport to help assistant the many accomplishments I have on and off of the track**

**Five Years**

i. Goals: Identify two-three goals you wish to accomplish upon graduating from Tiffin University or within 5 years

* a.**completed graduates school**
* b.**found a job in my field**
* c.**building my experience to gain higher position**

ii. Action Plan: Identify an action plan for achieving one of the goals

* a.**Once I complete graduates school then it will enhance my resume to possibly obtain a coaching position**

**Ten Years**

i. Goals: Identify career goals you wish to accomplish after several years in the job market.

* a.**being a full-time assistant coach**
* b **being promoted to head coach**
* c.**building my own program into a well-known team**

ii. Action Plan: Identify an action plan for achieving one of the goals

* a**. continue to gain years of experience to receive head coach position**

**Job Locations or Graduate School Information upon Graduation**

A) Organization:

* a. Industry Sector- **Coachin**g
* b. Address**-901 E. Alosta Ave.**
* **Azusa, CA 91702**
* c. Website-**http://www.apu.edu/education/teacher/physicaleducation/**
* d. Phone**-(626) 969-3434**
* e. Contact Person & Title: **Cindy Tanis, Program Director and Associate Professor of Graduate Physical Education**
* f. Position/Area of Interest- **graduate school student**

B) Organization:

* a. Industry Sector- **Coaching**
* b. Address- **11200 SW 8th Street, ZEB Building**
* **Miami, FL 33199**
* c. Website-**http://education.fiu.edu/masters\_degrees.html-**
* d. Phone- **(305) 348-3163**
* e. Contact Person & Title: **Dr. Charmaine DeFrancesco, program leader**
* f. Position/Area of Interest- **graduate school student**

C) Organization:

* a. Industry Sector**- coaching**
* b. Address- **P.O. Box 261954**
* **Conway, SC 29528**
* c. Website- **http://www.coastal.edu/science/departments/krss/recreationandsportmanagement/**
* d. Phone- **(843) 349- 2808**
* e. Contact Person & Title: **Cheryl Smith, Administrative Assistant**
* f. Position/Area of Interest- **graduate school student**

**Future Networks**

Identify titles of individuals you would like to bring into your network and the means to develop a professional relationship.

A. Name & Title: **George Williams, Athletic Director/Head Men's and Women's Track and Field/Cross Country Coach**

* Additional Contact Info: **gdwilliams@st-aug.edu**
* Means to develop relationship: **my coach can contact this individual**

B. Name & Title: **Rock Light, Head Coach**

* Additional Contact Info: **ralight@adams.edu**
* Means to develop relationship: **send an email**

C. Name & Title: **Charles Ryan, head coach**

* Additional Contact Info:
* Means to develop relationship:**a friend can contact this individual**