



DANIEL C LANGER

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PROFESSIONAL SUMMARY

Organized and proactive coach with good leadership, decision-making, and problem-solving abilities honed in athletic settings. Consistently keeps players on-track against goals and anticipates roadblocks impacting performance. Always ready to take on challenging assignments and teams in need of improvement.

SKILLS

- Player management
- Fitness coaching
- Goal setting
- Tactics
- Communication with players
- Team development
- Planning

EXPERIENCE

Personal Coach January 2016 - December 2018
Renton, Wa

- Managed fitness equipment and supplies, including cleaning and sanitizing between client use.
- Developed, implemented, and instructed variety of personal training and group training sessions for athletes.
- Prepared individualized exercise programs by administering, tracking, and evaluating health history questionnaires and fitness assessments.
- Helped clients' achieve fitness targets by preparing personalized training programs.

Assistant Coach January 2017 - December 2019
Titans FC | Renton, Wa

- Mentored team members dealing with athletic, academic, and personal difficulties.
- Identified issues with players and proactively intervened in critical situations.
- Boosted coach's effectiveness in improving team results with support for rule enforcement, new training strategies, and optimized gameplay approaches.
- Sold program to players, parents, and fans with enthusiasm for team.
- Developed effective game strategies based on team and player strengths and opposition weaknesses.
- Adjusted coaching techniques, based on strengths and weaknesses of athletes.
- Turned athletes into successful players by training in game rules and winning strategies.

Head Coach July 2021 - Current
Harbor Youth Soccer | Hoquiam, Wa

- Planned, organized, and conducted practice sessions.
- Developed effective game strategies based on team and player strengths and opposition weaknesses.
- Turned athletes into successful players by training in game rules and winning strategies.
- Improved team performance with effective athlete conditioning.
- Organized and maintained team facilities and equipment.

Player January 2001 - December 2014
Impact FC | Renton, WA

- Played on 1 team throughout entirety of playing career
- Worked closely with UK Elite trainers 1 on 1 to improve playing abilities
- Played in multiple 6 a side tournaments, went to Nationals in Vegas at U13
- Helped coach, assist, and oversee practices of my own teams practices, from U16 and below, as well as other teams. Working closely with Impact FC current head president.
- Captain of the team by player vote
- Requested to Guest play by Kent United, Crossfire FC and PAC NW

Player

January 2018 - March 2018

Copthorne FC | Crawley, UK

- Played on trial at Copthorne FC in Crawley. Playing in the 8th Division of English Football
- Started in the 4th team, moved up to the 2nd team after one practice
- Played for 2nd team 4 games

Player

September 2016 - May 2017

Lindbergh Highschool | Renton, Wa

- Joined my highschool team late on in my junior year transitioning from Track & Field.
- Played JV for 1 practice, moved to Varsity practice immediately after
- Played one JV game full 90, 2 assists
- Played for Varsity for the remaining seasons, finished top of the league 2 years running
- Finished first in districts both years
- Finished 3rd in state 2016

Team Manager

July 2021 - Current

Grays Harbor Gulls FC | Aberdeen, WA

- Just recently given the position after 10 games playing with the Gulls
- Improve player performance, coaching and inspiring the team to achieve targets.
- Managed administrative needs, including setting schedules, coordinating sponsorships and grants, as well as handling performance reviews.
- Participated in meetings and brainstorming sessions, engaging with board members to solve problems.
- Facilitate effective communication between team members and fans

EDUCATION

Highschool Diploma

May 2017

Lindbergh Highschool, Renton , WA