

BRIAN DARR

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CAREER SUMMARY

Active athlete that expanded his interests in sports by leading group runs and coaching middle and high school cross country teams and later adding coaching adult runners and triathletes and training youth and adults in a gym setting.

COACHING PHYLOSOPHY

Evaluate athlete's current fitness levels and skills, guide athlete to write realistic goals, then develop a plan to reach their goals without getting injured.

COACHING EXPERIENCES

Running and Triathlon Coach and Personal Trainer - Coach Brian Darr (2009-present)
Personal Trainer – Crunch Fitness (2020 to Present)
Group Fitness Instructor – Tuscaloosa County Parks and Recreation Authority (2019-20)
Volunteer Head Cross Country Coach – Tuscaloosa County High School (2010-2011)
Volunteer Coach – Crimson Track Club (2009-2011)
Coach - Couch to 5K Program - The Athlete's Foot - (2009 - 2011)
Volunteer Cross Country Assistant Coach –Tuscaloosa County High School (2008-09)
Team Manager - Tuscaloosa Crush Baseball (2004-2005)
Assistant Coach - Northport American All-Star Team (2002-2003)
Assistant Coach - Youth Recreation Baseball Teams (2000-2007)

ACCREDITATIONS

Certified Group Fitness Instructor – American Council on Exercise (since 2020)
Certified Lifeguard – American Red Cross (since 2019)
Certified Ironman Coach – Ironman (since 2019)
Certified Personal Trainer - American Council on Exercise (since 2019)
Certified Official - Ironman (since 2015)
Track and Field Official - USA Track and Field (2015-2017)
Level Two Official – USA Triathlon (since 2009)
Level One Coach – USA Triathlon (since 2009)
Level One Track and Field Coach - USA Track and Field (since 2009)
Certified Running Coach - Road Runners Club of America (since 2008)
Certified in CPR and First Aid – American Red Cross (since 2008)

FULL and PART TIME WORK EXPERIENCES

Crunch Fitness, Personal Trainer, July 2020 to present. Develop and supervise individual workout plans in a gym setting.

Tuscaloosa County Parks and Recreation Authority, Group Fitness Instructor, Swimming Instructor and Weight Room Attendant, August 2019 to July 2020; Develop and lead group fitness classes, oversee and clean weight and aerobic equipment.

Trek Tuscaloosa, Sales Agent, May 2017 to October 2019; sell and service bicycles, receive and manage inventory, assist in bicycle maintenance.

The Brian Darr Insurance Agency, Sales Agent, May 2013 to May 2017; Sell health, life, property and casualty insurance to individuals and groups; develop new groups; handle claims

MAPCO Express, Inc, General Manager, November 2012 to May 2013; Manage a convenience restaurant; supervise employees; order merchandise; develop new customers.

PMA USA, Sales Agent, June 2012 to October 2012; Sell health and life insurance to individuals within established groups; develop new groups; handle claims

Lamar Advertising, Account Executive, July 2011 to May 2012; Promote and sell outdoor advertising; negotiate contracts; assist in the development of artwork.

Coach Brian Darr, Personal Trainer and Running and Triathlon Coach, July 2009 to present; Coach youth and adult runner and triathlete; guide athletes in setting goals

The Athletes' Foot, Manager, October 2007 to July 2011; Manage inventory; hire, supervise and train associates; host monthly in-store programs; maintain web presence.

Southern Urban Forestry Associates, Consulting Urban Forester/Arborist and Owner, January 1990 to October 2007; Manage the company; solicit new business; assess tree health, value and structure for municipal, commercial and residential clients, and testify in court.

AmSouth Bank, Forester, September 1989 to June 1991; Manage land held in trust accounts and for outside clients.

Noland Lumber Company, Forester and Timber Buyer, July 1989 to September 1989; Purchase standing timber for a sawmill and supervise timber cutting.

Canal Wood Corporation, Forester and Timber Broker, October 1988 to June 1989; Purchase standing timber, sell timber to mills, and supervise timber cutting.

Gulf States Paper Corporation, Forester, February 1988 to October 1988; Manage company timber lands, mark timber, supervise logging, and develop management plans.

Security Trust Life Insurance Company, Agent and Sales Manager, July 1986 to February 1988; Prospect and sell life and health insurance policies and recruit and manage sales agents.

USDA - Forest Service, Forester, June 1982 to June 1986; Manage national forest assets, supervise forest workers, and assist in fire management.