

Aaron Diggs

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Education

Trinity Christian College (Palos Heights, IL)

Major: Bachelor of Arts Physical Education K-12
Minor: Health (Anticipated Fall 2023)

Experience

AUG 2022 - Dec 2022

Niles West High School (Skokie, IL) & Lincoln Hall Middle (Lincolnwood, IL) - *Student Teacher*

- Teach knowledge and skills as well as facilitate activities in physical fitness while utilizing skill level appropriate curriculum for students in 9th-12th grades
- Organize, plan, and evaluate instructional activities in a fitness setting such as a weight room, contest gym, play fields, studios, etc...
- Adapt teaching methods and instructional strategies to promote learning practical movement skills in students with differing levels of skill including life skills and special education students
- Develop students' sportsmanship, teamwork, cooperation, and overall school spirit promoting an inclusive school culture
- Utilize effective classroom management to promote a safe and inclusive environment in all physical fitness settings for a diverse background of students
- Build relationships with staff and students

June 2016 - Present

Niles North/West High Schools - *Asst Varsity Football Coach (currently at West) & Asst JV Baseball Coach (Currently at North)*

- Lead and organize effective practices, workouts, film study, classroom study, etc., of student-athletes, demonstrating effective classroom and behavioral management of a wide number of student-athletes ranging in ability
- Create and maintain a safe, inclusive, and effective team-oriented environment promoting sportsmanship, teamwork, work ethic, and overall school spirit
- Enhance sport-specific skills in each student-athlete by using/creating drills, practice scripts, workouts, etc., and modifying/adapting based on needs and abilities
- Assist the head coach with logistical and organizational needs

Relevant Skills

- Former Collegiate athlete with numerous awards
- Concussion & PED certified through IHSA

Dear Mr. Joseph Collins, Nile West staff, and whomever it may concern,

I am writing to express my interest in the open Physical Welfare teacher position at Niles West High School. Niles West High School has been a top school in the state of Illinois for a number of years now and I understand and respect the commitment to excellence your school portrays.

I have worked with student-athletes for numerous years. I have coached various levels of football and baseball as well as trained athletes of all ages varying in different fitness abilities. I am a former college football player and had a very successful high school career in academics and athletics. I understand what it means to be a student-athlete, not just an athlete. Physical fitness and exercise are not just a passion but a state of mind. I believe everyone should have the opportunity to experience the benefits a good PE program has to offer.

My degree at Trinity Christian College has prepared me for the classroom and my experience coaching, as well as being a paraprofessional at Niles North High School, has prepared me to lead a classroom. I have a diverse background and believe my prior work experience, prior to working in education in management and corporate, has strengthened my oral and written communication skills as well. I have worked with a diverse population and my natural intuitiveness has led to the ability to build strong relationships. I am a team-first person and feel I have a lot to offer the staff and students of Niles West High School.

Thank you for your time and I look forward to the opportunity to interview and speak further.

Sincerely,

Aaron Diggs