

# Michael P Paznokas

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## Objectives

Upon graduating from Arcadia University in May 2025 with a Bachelor's Degree in Sports Management, I am pursuing a Master's Degree as my next step towards becoming a Professional Soccer Coach. Demonstrating a high level of game knowledge, a strong work ethic and leadership skills, my work experience as a coach and trainer has broadened my view of the game and I am passionate about continuing to the next level. Additionally, I have completed the first 4 modules of the US Soccer Coaching License Pathway and am working towards obtaining a D License and beyond. I am seeking a role with a Sports Organization that leverages my education and coaching experience.

## Key Skills

Leadership	Organizational Skills	Flexibility & Adaptability
Effective Communication	Project & Time Management	Mental Toughness
Working as a Team	Conflict Management	Google & Microsoft Suite

## Work Experience

**The Keeper Institute (TKI)** Sewell, NJ November 2020 - present

*Goalkeeping Coach:* Current Position

- Within the TKI philosophy, design and lead small groups (5 or fewer) and individual goalkeeper training sessions. Evaluate individual skills and provide on-going feedback to encourage goalkeepers, and to develop their skills further.

*College Intern - Soccer Operations:* Summer 2024

- Worked in a team of 4 College Interns to lead and manage various aspects of goalkeeper Development Operations at TKI. Co-designed skill level appropriate sessions with activities. Assisted coaches with leading goalkeeper sessions. Led the facilities management section of Soccer Operations, organizing and preparing session and camp equipment for all summer events.

*Leader - TKI Summer Camps:* Summer 2020 - Summer 2024

- Working with a team of TKI Coaches, assisted in multi-day summer camps for 40-75 students. Assisted coaches in leading sessions, executing daily drills and activities while creating a fun and encouraging environment for all goalkeepers. Supported camp operations each day by arriving early to plan and set up the drills and camper keeper groups. Responsible for breaking down and storing all equipment daily.

*Leader - Group Training Session:* Winter 2020 - Summer 2023

- Assisted TKI Coaches in leading Group Training Sessions (typically <5 goalkeepers). Assessed student skill levels through drills, observation and discussions with each student. Reviewed session plan objectives with each student to ensure understanding of objectives. Supported each goalkeeper and their specific strengths and weaknesses, applauding effort and success while building confidence to keep improving and to try new techniques.

**The Philadelphia Union:** Chester, PA

May 2023 - August 2023

*Event Operations Intern*

- Staff Support: Assisted as game ball retriever and stretcher crew during home games.
- Plaza Events: Built up and broke down the Union's plaza area with tents, inflatables, chairs and tables for our promotions and for other sponsors of the Union. Ran plaza events to engage fans regarding promotional events/items and also playing games for fan fun and prizes.
- Half-Time Events: Lead the "mini soccer matches" during home games at halftime for local soccer clubs. Provided instruction as needed to ensure a safe and fun environment.
- Community Engagement: Led local community events to engage a broader audience of soccer fans and promote the Union's brand. Oversaw event preparations, packing and driving to/from events. Unpacked and set-up event materials such as inflatables, games, prizes, etc., Spoke with families and fans about Union programs overall.

**Rancocas Valley Soccer, Men's College Summer League** June 2024 - August 2024  
*Student Assistant Coach*

- Met with the Head Coach prior to games to discuss the overall game plan, formation, and player positions. During games, spoke with the coach about offensive and defensive challenges in plan and where to make potential adjustments to strengthen the teams performance.

**Moorestown Field House:** Moorestown NJ January 2021 - August 2022  
*Summer Sports Program - Head Coach, June 2022 - August 2022*

- Managed Junior Coaches by planning, leading and implementing daily camp programs. Coordinated daily schedule and assigning responsibilities to Junior Coaches. Created a daily schedule for camp participants made up of multiple sports activities. Supervised campers and ensured their safety while creating an enjoyable experience. Debriefed at the end of each day with the Field House Management Team to discuss any opportunities for improvement. Acted as liaison between parents and Field House staff to ensure all parties were aware of any issues or special circumstances.

*Soccer Trainer - January 2021 - August 2022*

- Led individual and group training sessions for both field players and goalkeepers. Planned drills and activities to engage all participants. Worked to help participants improve their skills while developing resilience when facing challenges. Executed plan with each player and monitored progress over multiple sessions. Discussed player progress with parents and communicated skills that should be practiced at home.

## ***Education, Athletics & Certifications***

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**Arcadia University:** Glenside, Pennsylvania

Bachelor of Science, Anticipated May 2025

Major: Sports Management Minor: Business Administration

*International Experience:*

- Dublin Ireland, March 2022: Arcadia University weeklong visit exploring the history of Ireland.
- London, England, January - April 2024: Arcadia University semester abroad program studying international government and business management. Independently, attended 10 English Premier League Matches at various stadiums.

*Awards, Honors & Athletics:*

- GPA: Overall 3.3 Fall 2024 3.7
- NCAA Men's Soccer Team: Fall 2021 - 2024
- NCAA MAC Freedom Scholar: Fall 2021 - 2024
- Sports Management Club

**Moorestown Friends School:** Moorestown New Jersey

Grade 1 through 12, Graduated June 2021

- GPA: 3.5
- Varsity Boys Soccer Team, Goalkeeper, Grade 9 through 12 (Team Captain)
- First Team Goalkeeper - Friends School League

**U.S. Soccer Coaching License Pathway**

- Grassroots Pathway Level. Courses completed 4v4 and 7v7 (online), 9v9 and 11v11 (in person).

**Medford Strikers Soccer Club:** Lumberton, New Jersey

Academy Boys Team, May 2014 - May 2021

- Goalkeeper, Team Captain
- International Soccer Training - Individual Invitation: AD Alcorcon, Madrid Spain – April 2018
- International Friendly - Team Experience: Madrid Spain – November 2018