



WINSTON TRAMBLE

Performance Enhancement and Biomechanics Specialist

Working exclusively with special populations, including athletes, injury and trauma victims, pregnancy, military, and more.

Chattanooga, TN

EDUCATION

Jacksonville State University | 2014 - 2018

- **Bachelor's of Science in Kinesiology**
- Concentration in Human Performance
- **Bachelor's of Science in Mechanical Engineering**
- Concentration in Biomechanics
- **Minor in Nutrition**

EXPERIENCE

Smooth Fitness, LLC | 2019 - Present

Performance Enhancement Specialist, Biomechanics Specialist, Fitness Coach, Mechanical Engineer

- Coached athletes ranging from amateur to Olympic/Professional levels in Olympic Track, Rugby, Football, and Soccer athletes from:

USA, Nigeria, Ghana, Kenya, Liberia, Germany, the Virgin Islands, Brazil, Jamaica, Canada, Great Britain, France, Germany, Spain, Puerto Rico, Venezuela, Cambria, & Italy.

- Tactical Training for the Armed Forces (Marine Corps, Army, Air Force, Navy Seals, Special Forces) and Law Enforcement. Duties were to prepare soldiers for deployments, missions, and overall fitness. Ranging anywhere from 4-12 months of strength and conditioning programming. Delivering session sizes ranging from solo sessions to 30 soldiers.
- Program strength workouts for both prenatal/postnatal and postpartum coaching alongside Pelvic Floor PTs. Prepared programs working through all trimesters within pregnancy to strengthen chances of a successful pregnancy. Have worked with 35+ Mothers with 100% successful births.

- Orchestrate strength and conditioning, and biomechanics programs for trauma victims. Worked with 100+ trauma victims where I was responsible with devising a program that met the needs throughout their rehab process alongside appointed Clinicians and Neurosurgeon.

- Worked with various Clinicians to headline the strength and conditioning portion of 500+ athletes rehabilitation to optimize performance and navigate return to play.

EXPERTISE

Athletic Coaching

Injury + Trauma

Pregnancy

Military + Law Enforcement

ORGANIZATIONS

ΩΨΦ

Omega Psi Phi Fraternity Inc.

Jacksonville, AL | 2016 - Present

Vice President

2016 - 2018

International fraternity founded for the purpose of strengthening the union between college men with ideals of Manhood, Scholarship, Perseverance, and Uplift in order to stimulate the attainment of ideas and ambitions of its members and occupy a progressive, helpful and constructive place in political life and the community.

- Organizing mandated programs including Health Initiatives, Scholarship, College Endowment, Voter Registration, Education, and Mobilization, and Social Action
- Responsible for execution of mandated programs, manage finances, create events specific to needs of the community.

ASSOCIATIONS

- USA Track and Field Coach
- TruFit Athletics Strength Coach
- Youth Coordinator for Boys and Girls Clubs Alabama
- Professional Public Speaker

EXPERIENCE

Smooth Fitness, LLC | Continued

- Worked alongside Exercise Physiologists to combat and/or regulate chronic disease. I'm responsible for creating strength and conditioning programs to fit the criteria of ACSM guidelines as it pertains to the patient's circumstances and recovery time.
- Educated hundreds of individuals on proper adherence to enhance aesthetics and lifestyle choices. I have created over 1000+ programs and courses for individuals seeking aesthetic improvements, aiming to enhance lifestyle choices, and curating a positive environment.
- Strength Coach for the Red Wolves Soccer Camp in August 2020. Coached over 100+ kids working on speed mechanics, jumping and landing mechanics, strength and conditioning principles for higher success in the weight room, and skill work.
- Specialize in cardiovascular health improvement, obesity control, performance enhancement, biomechanical analysis, hypertrophy training, dietary methods, and mental/health awareness to enhance client's performance.
- Oversee physical assessments (Vo2 Max Test, Ergometer Test, Sit and Reach Test, 10 Rep Max, Skinfold) to evaluate client's aerobic capacity, strength, mobility, flexibility, and neuromuscular responsiveness.
- Responsible for over 100 clients in general population for obesity control, cardiovascular health, and hypertrophy training. Coached over 500 athletes for performance enhancement, biomechanical analysis, and strength and conditioning year-round for various sport activity (football, track, softball, basketball, lacrosse, soccer, etc.)
- Organized client relief to everyday discomfort ranging from muscle aches to nerve pains by incorporating corrective exercises and providing direct avenues to Doctor of Physical Therapy and Sports Chiropractors.
- Conducted needs assessments to identify educational priorities and needs among diverse audiences to better facilitate the environment for optimal performance.

D-Elite Training | 2011 - Present

Formerly known as Chattanooga Jets | AAU/USA Track and Field

Assistant Coach, Jump Coach, Throw Coach, Performance Enhancement Specialist, Fitness Coach

- Oversee 80-90 athletes in the Amateur Athletic Union dedicated to exclusively promote and develop amateur sports and health and exercise programs specifically but not limited to Track and Field.
- Coordinate recreation activities designed to improve and/or overcome shortfalls and deficiencies and formulate alternative courses of action for the solution of cross cutting issues to ensure athletic/health advancement of all participants and surrounding community of 200 individuals.
- Develop rigorous programs that are delegated to 6 coaches on staff to execute effective health and exercise programs for the following: sprinters, jumpers, throwers, hurdlers, and multi event athletes.
- Conduct group initiatives (living values activities for children sections 4-7 years old, 8-14 years old, and young adults, mirror image, boot camps) to be delivered by coaches and volunteers throughout the community (elementary, middle, and high school).

EXPERIENCE

○ Jacksonville State University Recreational Facility Centers Inc. | 2015 -2018

Fitness Instructor

- Instructed three different style classes for the university including Cocky Theory, Power Step, and Ab Teasers Facilitated classes for over 25-60 individuals (ages 18-85) specific to creating balance, stability, and mobility in areas that are not functioning properly, weight loss, muscle gain, and lifestyle enhancement. Duration of each class was 45 minutes to 1 hour, 5 times a week.
- Orchestrated health programs campus wide on prevention and intervention of cardiovascular disease manifestation through educational strategies (classroom sessions, census, forum).
- Classes were available to students, faculty, retired faculty, and surrounding community members.
- Develop all training materials using standard instructional design and state of the art and multimedia techniques.
- Implement training materials with consideration to adult learning principles (i.e., brochures, fact sheets, computer assisted instruction, classroom sessions).
- Provide expertise, leadership, consultation, and technical assistance to co-instructors in planning, implementing, and evaluating appropriate materials for health education programs.
- Serve on review committees, study groups, and public health task group delegated responsibility for reviewing health policies, procedures, guidelines within the scholastic community.
- Review and assess the effectiveness of current public health policies and determine where new or changed policies are required to effectively execute public health programs, missions, and functions.

○ A Step Ahead Chattanooga | 2019 - Present

Health Educator (Contractor)

- 5 Years Licensed Mentor and Sexual Health Educator.
- Deliver classes and courses to ages 11-18 enabling participants to gain more knowledge on allocating birth control/ contraceptive resources and communication to enable strong and healthy relationships.
- Educating on topics including: Consent & Bodily Autonomy, Reproductive System Anatomy & Physiology, Mensuration Education, Sexually Transmitted Infections (Prevention & Treatment), Pre-Teen Chats, Teen Chats, Power Through Choices (5 Week Program), & Smart Love.
- Areas covered: Recreation Centers, Afterschool programs, Middle & High Schools. Classes range from 5-30 kids.

REFERENCES

- **Donelle Dunning** – D-Elite Training, *Head Coach/Performance Enhancement Specialist*. Chattanooga, TN | (423) 464-1346
- **Dr. Melanie Blake** – Erlanger Health Systems (Academic Internal Medicine), *Associate Chief Medical Officer, Chief of Medicine*. Chattanooga, TN | (423) 778-8179
- **Dr. Callie Lance** – Chattanooga Sports Chiropractic Institute, *Owner/Chiropractic Physician*. DC, CCSP, MS. Chattanooga, TN (423) 815-1433
- **Justin Edwards** – Parkridge Bone and Joint, *Physician Assistant – Certified, PA-C*. | (423) 605-4657