



Kingston Thompson

Head Wrestling Coach

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STRENGTHS

- 📅 **Practice Planning**
Written station plans kept drills moving, clarified coaching assignments, and gave athletes a more focused start each session.
- ♥️ **Athlete Mentoring**
Small skill gains became easier to see through patient feedback and repeatable progressions, especially for newer wrestlers.
- 👥 **Team Supervision**
Two coach coverage and steady mat side attention helped practices finish safely, with families confident about pickup routines.
- 💬 **Family Communication**
Clear updates about schedules, conduct, and competition details reduced confusion and helped parents support athlete growth.
- ⚙️ **Program Operations**
Equipment counts, event preparation, and booster coordination kept seasonal work organized when activity demands increased.

SKILLS

Wrestling Coaching
Athlete Development
Advanced Wrestling Strategy
Practice Planning Player Selection
VHSL Rules Team Supervision
Parent Communication
Coach Coordination
Skill Instruction
Competition Preparation
Equipment Inventory
Booster Collaboration

SUMMARY

Wrestling coach with seven years of progressive experience developing middle school and youth athletes through structured practices, technical instruction, competition preparation, and positive mentoring. Creates station based practice plans with clear timing, equipment needs, and **coaching assignments**. Guides player evaluation, lineup decisions, athlete supervision, parent communication, and **assistant coach coordination** across seasonal programs. Applies **advanced wrestling strategy**, safe skill progression, VHSL rules, and school athletics expectations in daily instruction and competition settings. Maintains organized equipment inventories, supports booster fundraising, and coordinates reliable coverage for practices and events. Builds trust through clear standards, practical feedback, consistent follow through, and age appropriate teaching. Prepared to support a school wrestling program through thoughtful planning, attentive supervision, **athlete development**, and dependable seasonal operations.

EXPERIENCE

Head Wrestling Coach

Riverbend Youth Athletics 📅 November 2023 - Present 📍 Richmond, VA

Lead seasonal **middle school wrestling** operations for 28 athletes, covering technical instruction, practice planning, assistant coach assignments, competition preparation, parent communication, **player selection**, supervision, equipment, and booster coordination.

- Directed seasonal instruction for 28 middle school **athletes** using technical drills, conditioning, live wrestling, and rules.
- Built written station plans with **drill timing, equipment needs**, and assistant coach assignments for each practice.
- Evaluated wrestlers through practice performance and wrestle offs, supporting fair lineup and competition entry decisions.
- Communicated schedules, conduct standards, attendance expectations, and development priorities with parents and athletes.
- Coordinated two coach coverage for practices and **competitions**, maintaining supervision until each athlete departed.
- Tracked mats, protective equipment, uniforms, and supplies while coordinating replacement needs with a parent booster group.

Assistant Wrestling Coach

Capital Area Wrestling Club 📅 November 2021 - March 2023 📍 Richmond, VA

Supported youth and middle school wrestlers through progressive instruction, station leadership, **competition preparation**, safety monitoring, family **communication**, equipment operations, and winter event coverage.

- Coached progressive sessions linking foundational movement with advanced neutral, top, and bottom position strategies.
- Led assigned stations from head coach plans, keeping drill periods on schedule for varied experience levels.
- Prepared wrestlers for dual meets and tournaments through rules review, scoring strategy, and sportsmanship instruction.
- Monitored behavior and physical readiness during crowded practices and events, escalating safety concerns when needed.
- Shared individual development observations with head coach and families, providing practical next steps.
- Supported equipment setup, inventory, coach meetings, and event coverage across winter competition operations.

Youth Wrestling Coach

Eastside Community Recreation 📅 December 2019 - March 2021 📍 Richmond, VA

Fundraising Support

Safety Awareness

LANGUAGES

English Native

Spanish Beginner

MY CAREER



- Head Wrestling Coach at Riverbend Youth Athletics (2.9 Years)
- Assistant Wrestling Coach at Capital Area Wrestling Club (1.3 Years)
- Youth Wrestling Coach at Eastside Community Recreation (1.2 Years)
- Volunteer Wrestling Instructor at Northside Wrestling Association (4 Months)

Delivered introductory wrestling instruction for recreational **athletes** entering organized competition, with emphasis on safe fundamentals, small group teaching, family communication, equipment readiness, and meet support.

- Delivered introductory instruction covering stance, motion, takedowns, escapes, breakdowns, and controlled live wrestling.
- Organized small group drills that helped newer athletes practice fundamentals through repeatable progressions.
- Used observation and short skill checks to group athletes for appropriate challenge and learning pace.
- Reinforced conduct, attendance, sportsmanship, and practice expectations through steady family communication.
- Prepared practice areas, completed equipment checks, and maintained orderly storage for shared wrestling supplies.
- Supported local meets through warmups, athlete check ins, match readiness, and post match feedback.

Volunteer Wrestling Instructor

Northside Wrestling Association 📅 November 2018 - March 2019 📍 Richmond, VA

Provided supervised foundational coaching for beginning athletes while learning program operations, safe instruction, mat supervision, family communication, attendance tracking, equipment care, and tournament support.

- Taught foundational movement and technique to beginning athletes under senior coach supervision.
- Demonstrated safe positions and drill progressions before athletes advanced into live practice.
- Maintained mat side supervision during drills and conditioning, correcting unsafe behavior promptly.
- Recorded attendance and practice observations for senior coaches supporting grouping and skill decisions.
- Communicated session timing, required gear, event schedules, and program expectations with families.
- Supported mat setup, equipment counts, cleanup, and tournament logistics during assigned sessions.

PROJECTS

Middle School Wrestling Development Program 📅 2024

Created a seasonal development model connecting station based practice plans, skill progression, player evaluation, competition preparation, and positive mentoring for middle school athletes.

Wrestling Equipment and Booster Operations 📅 2023

Organized equipment inventory, replacement planning, parent booster coordination, and seasonal fundraising support for dependable wrestling program operations.

LEADERSHIP & AWARDS

- Selected to lead Riverbend Youth Athletics middle school wrestling program beginning November 2023.
- Recognized through expanded coaching responsibilities after progressing from volunteer instruction to head coaching.
- Built trusted family communication practices supporting athlete conduct, attendance, development, and competition readiness.

EDUCATION

Bachelor of Science in Kinesiology

Virginia Commonwealth University 🎓 GPA: 3.5 📅 2018 📍 Richmond, VA

Coursework: Exercise science, human anatomy, coaching methods, sport psychology

CERTIFICATIONS

- CPR and AED for Coaches 📅 2026

- VHSL Wrestling Rules Training 📅 2026

TECHNICAL SKILLS

- **Wrestling Techniques:** Stance, takedowns, escapes
- **Practice Planning:** Skill stations, drill timing, coaching assignments
- **Competition Preparation:** Dual meets, tournaments, scoring strategy
- **Athlete Evaluation:** Practice observation, wrestle offs, skill checks
- **Rules Knowledge:** VHSL rules, sportsmanship standards, school requirements
- **Team Communication:** Parent updates, athlete expectations, coach meetings
- **Safety Practices:** Mat supervision, physical readiness, conduct monitoring
- **Equipment Management:** Mats, protective equipment, uniforms
- **Program Operations:** Seasonal scheduling, event coverage, attendance
- **Booster Activities:** Fundraising support, replacement planning, family coordination

PROFESSIONAL AFFILIATIONS

- Youth wrestling coaching community, Richmond, Virginia, supporting athlete development and seasonal competition.
- Parent booster collaboration, supporting equipment needs, fundraising activities, and reliable program operations.

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST