

**City of Doral Parks & Recreation**  
**RECREATION & FITNESS PROGRAM PROPOSAL FORM**

Individuals or companies interested in proposing their programs and services to offer in City Parks & Facilities must complete and return this form attached to the Request for Proposal.

**Program Name:**

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**Instructor/Company Name:**

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**1. Program Description**

*Description should include description of the program and details such as: participant ages, number of times program is offered (weekly/monthly), time of program (morning, afternoon, evening, weekends), materials to be provided by instructor/participant.*

. Teen Training Program (Ages 13-17):

- Program Focus: Develop fundamental strength, endurance, and healthy habits in Doral teens. The program emphasizes functional movement, injury prevention, and cultivates teamwork and self-discipline.
- Curriculum:
  - o Mondays: Strength training focused on bodyweight exercises, resistance bands, and light weights. Emphasis on proper form and technique.
  - o Wednesdays: High-intensity interval training (HIIT) combined with agility drills and core strengthening. Focus on enhancing cardiovascular fitness and coordination.
- Benefits:
  - o Improved physical fitness and overall health.
  - o Increased self-esteem and confidence.
  - o Development of teamwork and social skills.
  - o Education on healthy nutrition and lifestyle choices.
  - o Reduced risk of sports-related injuries.
- Schedule: Mondays and Wednesdays, 4:00 PM - 5:00 PM (Adjustable)

Adult Bootcamp:

- Program Focus: Deliver a challenging and effective workout for all adult fitness levels. This program is designed to build strength, endurance, and maximize calorie expenditure in a supportive environment.
- Curriculum:
  - o Mondays: Full-body strength training utilizing equipment such as kettlebells, battle ropes, and resistance bands. Modifications provided for all fitness levels.
  - o Wednesdays: High-intensity interval training (HIIT) incorporating cardio exercises, plyometrics, and core work. Focus on pushing individual limits and achieving measurable progress.
- Benefits:
  - o Improved cardiovascular health and fitness.
  - o Increased muscle strength and endurance.
  - o Fat loss and body composition improvement.
  - o Stress reduction and improved mental well-being.
  - o Increased energy levels and overall vitality.
- Schedule: Mondays and Wednesdays, 5:30 PM - 6:30 PM (Adjustable)

## Program Description Continued

**Program Participant Fee(s):**

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Proposed Hourly rate/per class fee:  
*(city to pay instructor) if applicable*

**Any additional Program Requirements:**

**Other locations you have offered this program:**

**Instructor Experience & Qualifications:**

*(provide experience/qualifications of the company and all instructors that will be offering program) Additional sheets can also be attached with resume/CV.*

## **Instructor Experience & Qualifications Continued**

# DANIEL PROL

Miami, FL 33126 (305) 878-6469 danielprol13@gmail.com

## PROFESSIONAL SUMMARY

Highly organized, passionate, and enthusiastic teacher seeking to educate, inspire, and motivate young athletes to reach their full potential; All can be achieved through work ethic, pride, and team building. The goal is to not only develop a complete athlete but also develop a complete individual in a winning environment by teaching passion and love and applying it into everyday life. Expert in creating and maintaining safe environments for practices and games. 7 years of coaching experience in every sport with expertise in basketball. Eager to bring passion with a track record of excellence.

## SKILLS

- Presentation skills
- Project management
- Problem-solving abilities
- Drills and skill development
- Curriculum improvement
- Strength and conditioning
- Lesson planning
- Parent relations
- Team development

## EXPERIENCE

Level Up Mobile Gym Trainer November 2021 - Current

Owner | Miami , FL

- Prepared individualized exercise programs by evaluating health history and fitness assessments.
- Developed, implemented and instructed variety of group training sessions for clients.
- Researched new exercise routines and stretches to develop quality training programs.
- Improved client range of motion and reduced risk of injury.
- Assisted gym members with using equipment correctly while maintaining welcoming environment for all users.
- Advised clients regarding nutritional and dieting habits to promote overall wellness.
- Cleaned and sanitized fitness equipment and supplies between client use.
- Recruited gym members for contests and promotional events using consultative, upbeat approach.

Physical Education Teacher

August 2024 - October 2024

South Prep Scholars Academy | Homestead, FL

- Promoted student achievement by recognizing physical fitness and abilities.
- Implemented state and district goals, objectives and required course modules with effective lesson planning.
- Fostered positive learning environment that promoted teamwork, sportsmanship, and respect among students.
- Sustained sportsmanship with positive rather than punitive methods.
- Ensured safety of students at all times by enforcing rules and regulations in gymnasium or on outdoor playing fields.
- Adapted lessons to accommodate varying abilities, ensuring all students participated and felt included.
- Developed and implemented engaging physical education lesson plans for diverse age groups.

Fitness Coach; After School Sports; Summer Camp Activities Director

June 2014 - July 2024

Conchita Espinosa Academy | Miami, FL

- Demonstrate new fitness techniques while educating on risk and benefits of an active lifestyle

- Lead students ages 3-15 through workouts, including monitoring body position, movement and exertion. Demonstrate with clear instructions and helpful modification suggestions.
- Offer nutritional information and explain the importance of fueling the body appropriately.
- Coach a variety of sports including baseball, t-ball, volleyball, basketball, and soccer.
- Incorporate out of the box methods to promote wellness
- Manage and direct summer camp programs and activities for a group of 275 or more.
- Contributed to a 50% increase in registrations as camp director.

Head Boys Basketball Coach  
Blaze Hoops | Miami, FL

February 2021 - July 2024

- Improve athletic conditioning with robust strength training program and advanced nutritional advice.
- Demand academic excellence from players and coordinated additional support for struggling students.
- Plan, organize, and conduct practice sessions.

Head Basketball Coach  
Thunder Athletix | Miami, FL

March 2014 - April 2018

- Developed athletes to compete at a high level. Ages range from 5-17 years of age.
- Created weekly practice schedules complementing scheduled games for ideal performance capabilities.
- Assisted in creating, organizing, and running camps.

Bartender  
Miami Events Group | Miami, FL

February 2012 - June 2015

- Developed long-lasting relationships with customers, creating regulars.
- Ensured proper stock of bar items at all times.
- Performed bar opening and closing procedures.
- Prepared drinks for customers accurately and quickly.

Majors, Cashier, Stock  
Costco Wholesale | Miami, FL

April 2009 - January 2012

- Acknowledged customer issues and resolved their problems quickly and efficiently.
- Evaluated the customers' needs and provided service options to meet their requirements.
- Counted the cash in the register at the start and end of each shift.

## EDUCATION

Bachelor of Arts (B.A.) - Human Resources and Management  
Miami Dade College

April 2025

A.A in Physical Education  
Miami Dade College, Miami, FL

2019

Certified Nutrition Coach  
Nutritional Coaching Institute

November 2024

Certified Personal Trainer  
ISSA

August 2021

Youth Specialization

Bob Jones University , Greenville , SC  
Basketball Clinic

April 2021