

DAVID MENDOZA

ASSOCIATE DIRECTOR OF SACRAMENTO REGIONAL TRAINING FACILITY- WRESTLING CLUB

CONTACT

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PROFESSIONAL OVERVIEW

College wrestling coach and Associate Director of Capital Wrestling Alliance with 15+ years of experience leading successful, compliant, student-centered programs. Builds high-performing teams through targeted training, individualized athlete development, and effective recruiting, achieving strong competitive and academic results. Directs Capital Wrestling Alliance operations including budgeting, scheduling, staff supervision, and risk management to grow membership, revenue, event quality, and campus partnerships.

EDUCATION

Leadership B.S.
Management minor
(*Interdisciplinary Studies*)
Old Dominion University
Norfolk, VA

LeADERS Distinction
GOLD

PROFESSIONAL EXPERIENCE

ASSOCIATE DIRECTOR

Capital Wrestling Alliance, Sacramento, CA | 2024 – present

- Oversee club operations, including budgeting, scheduling, travel logistics, and event coordination for wrestling activities.
- Recruit, train, and supervise coaches and volunteers to ensure safe, high-quality practices and events.
- Drive membership, fundraising, and campus partnerships to expand program reach and resources.

ASSISTANT WRESTLING COACH

Sacramento City College, Sacramento, CA | 2024 – present

- Support head coach in practice planning, skill instruction, and match preparation for collegiate wrestlers.
- Mentor student-athletes on technique, conditioning, and academic accountability to improve performance and retention.
- Assist with recruiting, video review, and compliance with institutional and conference regulations.

HEAD WRESTLING COACH

Del Campo High School, Fair Oaks, CA | 2017 – 2023

- Led all aspects of the wrestling program, including practice design, competition strategy, and athlete development.
- Improved team performance through structured training, offseason development, and positive program culture.
- Communicated regularly with parents, teachers, and administrators to support student-athlete progress on and off the mat.

Reference: Marquez Gales, Executive Director of Sacramento City College/Capital Wrestling Alliance, www.sacramentocityathletics/wrestling.com

SKILLS

- Communication
- Teamwork
- Critical thinking
- Time management
- Leadership

CERTIFICATIONS

Professional Leadership
Certification
Old Dominion University
2025

Managing Team Conflict
Certification
Linked In Learning
2025

First Aid/ CPR/ AED Certified
American Heart Association
2025