

Writing a Bio: Templates

This document has been designed to be used with the Bio Questionnaire for Staff. All parts of this can be re-written and re-used as needed to fit with the type of responses you received in the questionnaire.

Each of the templates includes sections in ALL CAPS, which indicates that you should replace that text with relevant responses from the questionnaire.

There is an example at the end of this document on how to use these templates with a questionnaire

Template 1

TITLE, FIRST AND LAST NAME, has been a coach since YEAR and specializes in SPECIALTY. "PART 1 QUOTE ABOUT PASSION OR SPECIALTY", he/she says. "PART 2"

An avid SPORT with SPORT FACT, FIRST NAME's experiences have fostered a desire to GOAL OF COACHING. "LOVE MOST QUOTE," he/she says.

When FIRST NAME isn't training, he/she is busy FUN FACT.

Template 2

FIRST NAME works hard to GOAL OF COACHING. "LOVE MOST QUOTE," he/she says. "PART 2"

FIRST NAME has been an athlete since YEAR, and SPORT FACT. He/she found CrossFit X YEARS ago and fell in love with SPECIALTY. For FIRST NAME, health and fitness is (insert relevant text here). "PASSION OR SPECIALTY QUOTE," he/she says.

When FIRST NAME isn't coaching (insert optional FUN FACT here), he/she is busy FUN FACT.

Template 3

Coach __ is __ years into their CrossFit journey, and found their passion for the sport after __. With a background in __, and __, they have found __SPECIALTY or PASSION__. "QUOTE ABOUT PASSION," s/he says. "PART 2"

While they may spend a lot of time at __NAME OF GYM__, they also enjoy __, which ties right into their enjoyment of __.

Example Bio & Questionnaire

Bio

Coach John is three years into his CrossFit journey, and found his passion for the sport after looking for a way to strengthen muscles overused or underused in endurance events. With a background in running, cycling, and triathlons, he has found a passion in watching people willingly challenge themselves to get better every day. "I love the idea of helping people improve their daily lives through improved movement and strength," he says. "Helping someone run a 6min mile or clean 250lbs is great, but the thought of someone waking up without pain, or being able to pick up and play with their grandkids is even more rewarding to me."

While he may spend a lot of time at GYM NAME, John also enjoys participating in competitive endurance events. In 2017, he qualified for the Half Ironman World Championships.

Questionnaire

First and Last Name: John Smith

Gender: Male

Title(s): Coach

Certifications: CrossFit Level 1, CrossFit Gymnastics, Diane Fu Olympic Lifting

Years coaching/training: 3

What do you specialize in?: I specialize in endurance based workouts, especially those with rowing, biking, or running. The longer the workout, the better.

What are you passionate about?: I love the idea of helping people improve their daily lives through improved movement and strength. Helping someone run a 6min mile or clean 250lbs is great, but the thought of someone waking up without pain, or being able to pick up and play with their grandkids is even more rewarding to me.

What do you love most about coaching your members?: I enjoy the community of CrossFit, and the community at GYM NAME is great. It makes it easy to wake up at 4:30am on a cold morning knowing you are going to meet some great people and throw some barbells around. I look forward to the opportunity to learn from the other coaches at CrossFit GYM NAME and pass on the knowledge I have to the clients.

What is your athletic background? Any notable accomplishments?: My athletic background is endurance based; running, cycling, triathlon. I have been competing competitively in these sports for the last 4 years. In 2017, I qualified for the Half Ironman World Championships.

How did you end up as a CrossFit coach? What path brought you here?: I was coaching endurance clients at another gym prior to starting at GYM NAME. I really enjoy seeing the progress people make as they learn correct movement patterns and timing, and seeing them willingly challenge themselves daily to get better. Once I joined GYM NAME, I knew I wanted to continue coaching and obtained my CF Level 1 and Gymnastics Certifications.

Is there anything else you want people to know about you?: I started CrossFit as a way to increase my power output, improvement my mobility, and to strengthen all the muscles not-used or overused in the repetition of endurance sports. Since starting CrossFit, I have been faster, injury free, and more fit than ever. I am married to my beautiful wife Theresa, and we have a new baby boy Noah, whose favorite toy is a toy kettlebell!