

DARIN ARMOUR

INTENTIONAL // MOTIVATIONAL // ACTION

CONTACT

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EDUCATION

BS. EXERCISE SCIENCE/ FITNESS PROGRAMMING & CARDIAC REHAB

Coaching / Sports Management
Speed / Agility an Sports
Specific Training
Scholarship Athlete, Football
Graduate Assistant

Liberty University
1991

SKILLS

// PROFESSIONAL

- + Team Leader
- + Communication
- + Facility Operations
- + Customer Service
- + Budget Management

PROFILE

Experienced director/manager with well-developed leadership and team building skills. Positive track record motivating and inspiring team members in many diverse settings. Excellent communication skills. Responsibility for budget development and implementation in stable as well as start-up environments. Developed and executed strategies to meet and exceed customer service expectations. Hands on leader with well-honed attention to detail. Mechanical inclination fostered through maintenance of multiple facilities including experience in a family operated HVAC business.

PROFESSIONAL EXPERIENCE

CORPORATE SECURITY

THE HOME DEPOT | 2014 - Present

HVAC REPAIR/MAINTENANCE TECHNICIAN

THE KING'S ACADEMY | 2011 - Present

- Evaluate, repair, replace and maintain 32 separate HVAC systems on property
- Evaluate, repair, replace and maintain kitchen appliances, refrigerators and ice machines for main building and high school building kitchen areas..

GENERAL MANAGER

Jasper 24HR Fitness | 2010 - 2014

- Opened facility and built membership to 1100 members which included negotiating the Bupurchase of a local competitor facility rights.
- Created all guidelines for membership including sign up procedures, access and marketing.
- Set up and created application process and payroll procedures for all employees.
- Negotiated business contracts with National Fitness for tracking club financials/attendance and with Macro Lease for equipment purchases.
- Maintained an average monthly income of \$20,000 for a 7,500 sqft. facility.
- Started a successful group exercise program including adding a 1500 sqft. group exercise room, spinning bikes, projection/audio system, also set up Silver Sneakers programs
- Brokered special membership pricing for employees with the local county government including police, fire and mayor's office.
- Personally maintained and repaired all equipment in facility.
- Created a power saving lumination program by having new motion lighting installed.
- Started and created guidelines for the child care program including room design and location.

SALES REPRESENTATIVE

Fitness Equipment Sales | 2009 - 2011

- Sales Representative for Georgia Clients Include: Athletic Directors, Corporate Wellness, Rehab, Country Clubs and National Accounts.
- Negotiated sale of \$300,000 of equipment to the Coca Cola Corporate Office Employee Fitness Center in Atlanta.

SKILLS

// TECHNICAL

- + Microsoft Office
- + Club Systems POS
- + Club Connect
- + Digital Surveillance (BPI)
- + Jonas POS Systems

CERTS

- + Certified Pool Operator
- + Graduate of Club Supervisors Program, Georgia State University
- + Certified Hospitality Supervisor, American Hotel and Motel Association
- + Certified NFHS Fundamentals of Coaching Football
- + Certified USA Football Coaching Course Tackle
- + Certified NYSCA Softball Coach

ASSOCIATIONS

- + Wellness Professionals of Atlanta (1992 – Present), Chairman in 1997 – 1998
- + North America Association of Club Athletic Directors (NACAD) 2000 – Present
- + North American Association of Club Athletic Directors Vice President, 2009
- + Athletic Director of the Year, 2006 for the North American Association of Club Directors

PROFESSIONAL EXPERIENCE (CONTINUED)

ATHLETIC DIRECTOR

Atlanta Athletic Club | 2003-2009

- 2006 awarded the Athletic Director of the Year award by the North American Association of Club Athletic Directors.
- Daily directed the operation and management of personnel associated with the Athletic Center, Aquatics Center, Treehouse (Child Care) and The Retreat (Day Spa) 43,000 sqft. facility.
- Annually wrote and implemented an Operational Budget (1.5 Million +)
- Capital Budget (100K – 200K) for Athletic Center, Aquatics, Treehouse (Child Care) and The Retreat (Day Spa).
- Procured these athletes for our sports appreciation banquet, one of the largest events at the club. John Smoltz (Atlanta Braves), Warrick Dunn (Atlanta Falcons), Larry Munson (University of Georgia), Hank Aaron (Atlanta Braves), Suzanne Yoculan (University of Georgia Gym Dawgs).
- Created an annual Sign Up Day for members to sign up their children for any youth program (Golf, Tennis, Swimming) that the club offered during the summer.
- Oversaw the remodel and expansion of the Cardio and Strength training area with the installation of over \$250,000 dollars of new exercise equipment through a leasing program negotiated with Macro Lease.
- Created and equipped the very first and only fitness facility on property for the employees to use.
- Expanded the Retreat Day Spa to offer more clinical services such as laser treatments and microderm abrasion.
- Project manager to refurbish the main pool surface (320,000 gallon pool), replace all filtration systems, mechanicals, chlorination systems, install a new heater and replace all furniture.
- Set up and negotiated a practice area on club property, adjacent to the Atlanta Athletic Club for the John's Creek Youth Football League to practice on.

DIRECTOR OF SWIM AND FITNESS OPERATIONS

Cherokee Town & Country Club | 1999-2003

- Wrote and implemented an Operational budget (1 Million +) and Capital Budget (100 – 200K) for the Town Club and Country Club.
- Oversaw the complete operation, maintenance, programming and personnel of the Town Club and Country Club fitness centers, pool departments and Town Club locker rooms.
- Researched, purchased and maintained new digital surveillance system in the fitness areas and other critical areas of the Town Club.
- Responsible for the opening and completion of the men's locker room renovation (750K) at the Town Club.
- Created a relationship with Fitness equipment Sales to insure the proper purchase and maintenance of all exercise equipment.
- Designed and built new department retail POS pages for services, programs and merchandise.
- Improved the safety of the club by requesting and purchasing AEDs, oxygen, first aid kits and doctor drug kits at the Town Club.
- Developed a monthly topic wellness calendar that included new programs such as sporting clays and the country club road race.
- Implemented and supervised the facelift renovation of the ladies locker room.
- Improved the pool staff by creating new pay rates for the guards and creating incentive programs to help retain staff from year to year.
- Replaced all mechanical systems at the Town Club pools including chlorination systems, filtration systems, pool resurfacing and heating systems.
- Strongly involved in the research, development and completion of a new (2 million) state of the art aquatic facility at the Country Club including the grand opening of this new facility.
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PROFESSIONAL EXPERIENCE (CONTINUED)

INDUSTRIAL COLLEGE EMPLOYMENT (CONTINUED)

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- Chairman of the two employee wellness advisory committees at the corporate office.
- Worked with employee café management to offer employees healthy meal choices.
- Successfully planned and organized a corporate health fair with over 500 associates participating.
- Organized the Promina Corporate Challenge Run in Atlanta with over 1,250 associates participating.
- Planned and organized Earth Day events at the corporate office.
- Set up and organized the Homer Open Golf Tournament at Bradshaw Farms Golf Club with 268 participants.
- Provided successful leadership to the Paces West and Store Support Center Employee Health Management Committees.
- Promoted and organized the Great American Smoke Out with over 100 participants.
- Organized a weight loss challenge at the corporate office with over 250 participants.
- Promoted and supervised all the blood drives for the corporate offices. Initiated the Red Cross National Blood Drive program for all stores and divisional offices in the US and Canada.
- Elected as new Chair of the Wellness Professionals of Atlanta.

ASSISTANT MANAGER

Blomeyer Health & Fitness Center at Emory | 1997-1999

- Completed floor layout of cardio and strength equipment to maximize space usage.
- Set procedures for completing health histories and processed over 500 members to open up new facility.
- Assembled the Tri Fit 600 fitness assessment equipment and performed over 200 assessments.
- Built a relationship with the Wellhouse (EAP) and health committee to help promote the facility.
- Developed operational procedures including cleanliness and maintenance of the facility
- Asked by the Georgia Division of Public Health to serve on the committee during their Wellness for Working Women conference sponsored by the Governor's Spouses Association

WELLNESS CENTER MANAGER

The Home Depot Corporate Offices | 1992-1999

- Organized Grand Opening and managed daily operations of 35,000 sqft wellness center for the corporate office.
- Contributed to the design and layout of the corporate wellness center Phase I and Phase II
- Developed and Implemented health promotion programs to the corporate and divisional offices (California, Chicago, Florida, New Jersey and Canada).
- Negotiated and supervised a contract with Innotrak, Inc. to distribute health promotion materials to the Home Depot stores in the United States and Canada.
- Established and implemented policies and guidelines for all divisional office wellness centers.

COMMUNITY INVOLVEMENT

- American Lung Association Board Member (1995 – 1997)
- Cobb County School Board of Health (1997)
- American Red Cross Board Member (1996 – 1997)
- Speaker for the Assistant Managers Conference at the Atlanta Athletic Club (2004)
- Deacon at the First Baptist Church of Woodstock (2007 – 2010)
- Faculty Member for the School of Hospitality, Georgia State World Congress Center, for Club Managers Association of American Business Management Institute 1995 – 2005, 2010, 2011
- Head Coach 10 U Girls Fast Pitch Softball Twin Creeks 2009
- Assistant Coach 10 U Girls Cherokee Pride Travel Team 2009
- Assistant Coach 10 U Girls Georgia Hornets Travel Team 2010,2011
- Head Football Coach Middle School Crown Athletics 2007-2010 (CSAA Football Champions 2009)
- Head Football Coach JV Crown Athletics 2011
- Assistant Football Coach Varsity 2013, 2014
- Assistant Coach Varsity Girls Softball Crown Athletics 2012
- Head Coach Varsity Girls Softball Crown Athletics 2013,2014