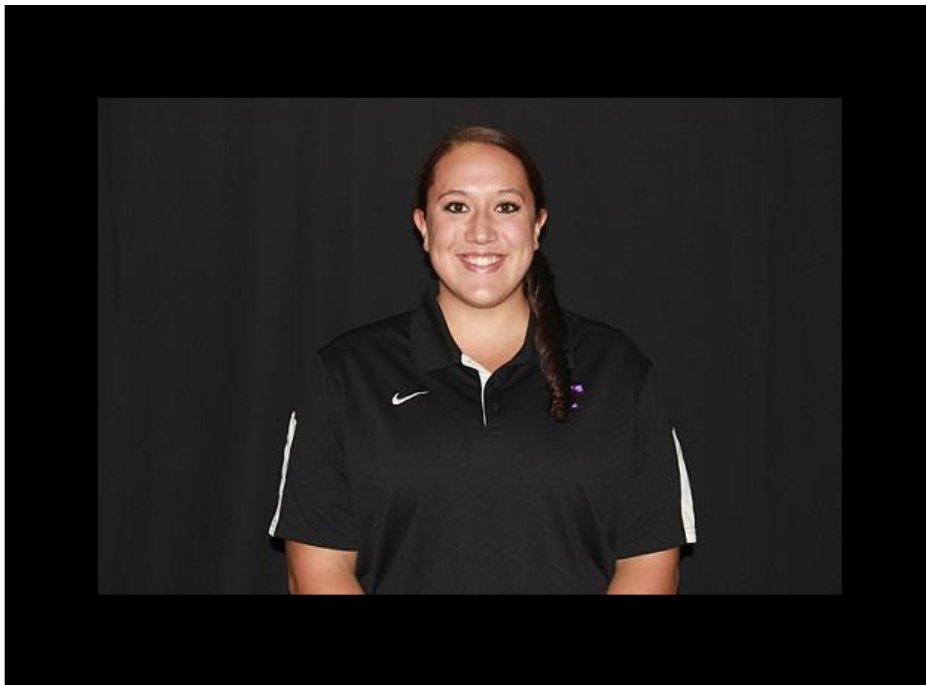


# Maria Elizabeth Dominguez

## *Be The Change*

“Be the change you wish to see in the world” by Ghandi. I strongly believe that change must first start with yourself before you can ever impact anyone else. When I see this quote I see the future. In order to promote overall well-being, striving to become a better coach, stop racism, prevent bullying, fill in the blank, you have to first start with yourself. You have to be the initial change, once people see you raising the bar you can only hope they will follow. To me, this is the ultimate leadership quote it is about finding your inner self, your true character, and then deciding what you wish to create with it.



### Career Goal-

I aspire to inspire students/athletes every day that I am with them. I plan to help mold them into not only great athletes but great people as well. My ultimate goal is to be a college head Track and Field throwing coach for a successful program.

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# Biography:

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**Maria Elizabeth Dominguez** was born in the small town of Liberal, Kansas. Her parents, Karen Dominguez and Pedro Dominguez lived in Turpin, Oklahoma at the time. Karen a 3<sup>rd</sup> grade math teacher and High School coach and Pedro a Field Operator in the oil field, raised Elizabeth along with her two older siblings Sara and Jessica in Oklahoma



until Elizabeth was 3 years old. Upon turning 4 years old Elizabeth and her family relocated to Brenham, Texas. She resided in Brenham until the end of her 7<sup>th</sup> grade year.

Elizabeth participated in sports growing up such as gymnastics, little dribblers and junior high basketball, junior high volleyball, track, and her favorite at the time AAU softball. She grew up watching her older sisters participate in sports and quickly found her passion for sports as well. Since the 6<sup>th</sup> grade she knew she wanted to follow in her mother's footsteps of being a teacher and coach. After her 7<sup>th</sup> grade year her mother took a job in Joshua, Texas as a High School history teacher and coach. In High School Elizabeth was a freshman Varsity letterman in four sports, volleyball, basketball, softball, and track. Sports became Elizabeth's passion and she thrived off of the competition. She set new school records her senior year in basketball (offensive and defensive rebounds) and track (shot put and discus) at Joshua High School in 2008. During high school

Elizabeth was also involved in National Honor Society, participated in UIL, a member of Fellow Christian Athletes and involved in student council.



Upon graduation she accepted a Track and Field scholarship to the University of North Texas in Denton, Texas. She participated as an Eagle for the 2008-2009 Indoor and Outdoor season, and then transferred to Tarleton State University to be a part of their track team and to pursue her education in Kinesiology. She

graduated from Tarleton State University in May 2012 with her B.S. in Kinesiology with a certification in All-Level Physical Education. After graduation she decided she wanted to continue her education in hopes of becoming a college professor and track and field coach one day. While working on her Master's Degree she coached the Track and Field throwers for Tarleton. She is currently working on her final 12 hours of Graduate School and still coaching for the Track and Field team. She will graduate and be awarded with her M.S. in Kinesiology/Education in August 2014.

# Tagline:

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## **Be the CHANGE.**

Comes from the quote, “Be the change you wish to see in the world” by Ghandi. I strongly believe that change must first start with yourself before you can ever impact anyone else. Change is hard for a lot of people and especially for me. As I have gotten older I have realized how important it is and I have had to found ways to help me make it through those times. This quote is how I try and



live my daily life and I recall this quote at least once a day in my head. Even if it is from not wanting to get out of bed in the morning, making a hard decision, or calming myself down from a heated conversation. When I see this quote I see the future. In order to promote overall well-being, striving to become a better coach, stop racism, prevent bullying, fill in the blank, you have to first start with yourself. You have to be the initial change, once people see you raising the bar you can only hope they will follow. To me, this is the ultimate leadership quote it is about finding your inner self, your true character, and then deciding what you wish to create with it.

# Power words:

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1. **Insatiable** - hunger for knowledge.

There is always room for growth and knowledge. I never want to settle in my ways of life whether it be coaching, teaching, or just day to day. I want to continue to grow as a person and improve, and in order to do that I can never lose my desire to obtain information.

2. **Attentive** - thoughtful of others, considerate.

I strongly believe a part of success is that you have to care about others. My ability to read people, know their personality, and taking the time to care about them allows me to successfully work with them.

3. **Competitive** - having a strong desire to compete or to succeed.

I have been competitive my whole life, from Tee ball to collegiate sports. I do not like to lose or be bad at anything. With that said, I do anything and everything I can to succeed. I take pride in my accomplishments and know if I give my time and effort it will pay off.

4. **Reliable** - dependable in achievement, accuracy, honesty.

Being former athlete reliability has been drilled into my character. Being a part of the team means you have to hold up your end of things, if you miss practice the whole team suffers.

Being reliable means to show up on time, be professional, do your work correctly, and be the type of person that people can take your word because they know it is true.

5. **Blessed**- consecrated, blissful, anointed

I have many blessings to be thankful for throughout my life and I know I will continue to have blessings as long as I keep doing what I need to. In return I hope that I can give blessing to those who I come in contact with.

6. **Passionate**- expressing, showing, or marked by intense or strong feeling.

Throughout my career thus far, my passion has been tested. Through the ups and downs and at the end of a long day, I would still choose the coaching profession. I have known since I was in fourth grade that this is what I wanted to do every day that I wake up. I look forward to each and every practice and try to leave my athletes happier, more knowledgeable, and a little more dedicated. My goal is to make sure my athletes know I am just as much or even more passionate about this sport than they are.

7. **Disciplined**- I have learned a lot from being an athlete and the best one being disciplined.

It takes hard work and dedication to be a successful athlete/person. My goal is to be an example every day, always show up on time, no complaining, and give my best effort at everything I do.

8. **Thorough**- extremely attentive to accuracy and detail.

I have always been told I have a good eye for the little things. As I'm watching film or just at a random sporting event, I like to look deeper than the big picture. The little things are what matters most sometimes and being able to detect those things and explain them, helps people understand the bigger picture better.

9. **Adventurous**- full of risk; requiring courage.

As I have gotten older I am learning to take more risks in my career, such as attending out of state clinics. I'm learning to channel my fears into courage by allowing myself to step out of my comfort zone, and so far it has only benefitted me.

10. **Kindhearted** -having or showing sympathy or kindness.

I like to connect with people and let them know that I care about them. Making connections with people may be hard but once you make that connection with them, it is easier to get them to work harder for you. I always let my athletes know how much I care

about them and in result they work harder for me. Being kind and showing sympathy allows them to see you as human and not just their coach who spits out commands.



# Quotes that inspire me:

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**“Be the change you wish to see in the world” - Mahatma Gandhi**

For me, this quote is how I try and live my daily life. I recall this quote at least once a day in my head. Even if it is from not wanting to get out of bed in the morning, making a hard decision, or calming myself down from a heated conversation. When I see this quote I see the future. In order to promote overall well-being, striving to become a better coach, stop racism, prevent bullying, fill in the blank, you have to first start with yourself. You have to be the initial change, once people see you raising the bar you can only hope they will follow. To me, this is the ultimate leadership quote it is about finding your inner self, your true character, and then deciding what you wish to create with it.

**“I can do all things through Christ who strengthens me.” Philippians 4:13**

This verse is the core of my values, from everyday life to my trials and tribulations there is only one thing I turn to and it is my faith. Without him or my faith in him, I have nothing. He is my rock and with the strength he blesses me with I am able be content in and with every situation. I may not like the situation or outcome but I know in the end he has a plan for me and this is exactly where I should be at this moment in my life. Most people believe this verse is about believing in God which leads you to achieving some personal goal you may have set, like breaking school records, winning a game, etc., but in reality this verse is about being content in your life and with constant dependence on God regardless of where you stand. The verse is about working out God’s plan even if it isn’t necessarily an easy or pretty plan, believing in him through the suffering, pain, and loss you will face in life.

**“Everything you want is on the other side of fear.” - Jack Canfield**

I have this quote set as my screensaver because this quote hits closest to home with me. In the past I have been known not to do something or give something a fair shot because I’ve been too afraid to fail and then ended up regretting it. So now my goal is to always do things that I’m afraid of, if I’m not afraid then it is still in my comfort zone and I cannot grow as a person intellectually if I consistently stay in my comfort zone. Fear can sometimes be a good thing and instead of running from it my plan is to face it straight on and overcome it. Fear means you are uncomfortable with something and that forces growth within you. I want to channel my fears and turn them into strengths and build my confidence in all areas of life.

# Resume:

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## Maria (Elizabeth) Dominguez

1325 N. Charlotte Ave  
Stephenville, Tx 76401  
979.525.9543  
zee072389@gmail.com  
<http://coachdominguez.weebly.com/>

### EDUCATION

- |             |                                   |  |
|-------------|-----------------------------------|--|
| <b>M.S.</b> | <b>2014</b><br><i>Anticipated</i> | <b>Tarleton State University</b><br><i>Stephenville, Texas</i><br>Major: Kinesiology |
| <b>B.S.</b> | <b>2012</b>                       | <b>Tarleton State University</b><br><i>Stephenville, Texas</i><br>Major: Kinesiology |

### COACHING EXPERIENCE

#### August 2012- Present

**Indoor/Outdoor Throws Coach Track and Field (Graduate Asst.) - Athletic Department, Tarleton State University (NCAA Division II; Lone Star Conference); Stephenville, Texas**

- Serve as Men/Women Shot Put, Discus, Hammer, Weight, and Javelin Coach
  - Recruit new athletes
  - Advise current student-athletes
  - Coordinate practices
- Coached Freshman National Qualifier Danyelle Dillard (Shot Put)
- Coordinate community service projects for the team

#### August 2013- December 2013

**Private Lesson Throws coach, Stephenville Texas**

- Coached an unattached collegiate athlete in Discus throw
- Organized practices and strength training regimen

#### January 2012- May 2012

### **Student Teaching/High School Track and Field Throws Coach - Burleson High School**

- Served as Women's Shot put and discus coach
- Organized practices
- Assisted in travel arrangements
- Assisted in coaching duties (Men's throws)

## **ATHLETIC EXPERIENCE**

**August 2009- May 2012**

**Shot Put, Discus, and Hammer thrower - Tarleton State University (NCAA, Division II, Lone Star Conference), Stephenville, Texas**

- Throwing experience:
  - 2012- Hit provisional mark for nationals in shot put, 4th place in shot put at LSC
  - 2011- Hit provisional mark for nationals in shot put and discus, 4th place in shot put at LSC, 6<sup>th</sup> place in discus at LSC
  - 2010- Hit provisional mark for nationals in shot put and discus, 3rd place in discus at LSC, 4th place in shot put in LSC
- Awarded scholarship for 3 years
- Threw for Head Coach Patrick Ponder (2011-2012)
- Threw for Assistant Coach Quint Melius (2009-2010)

**August 2008- May 2009**

**Indoor/Outdoor Shot put, Weight, discus thrower- University of North Texas (NCAA, Division I, Sunbelt Conference), Denton, Texas**

- Throwing experience:
  - Indoor 2009- Placed 8<sup>th</sup> in shot put at Conference
  - Outdoor 2009- Hit career best in discus 151 feet 11.5 inches, hit provisional mark for nationals in discus
- Awarded scholarship
- Threw for Head Coach Watkins

**2004-2008**

**Letterman in Volleyball, Basketball, Softball, and Track and Field- Joshua High School (4A); Joshua, Texas**

- Playing experience:
  - **2008-*Basketball***: All-District, Team MVP, Team Captain  
***Track and Field***: School record holder for Shot Put and Discus, Placed 2<sup>nd</sup> at District in shot put, Placed 3<sup>rd</sup> in District in Discus, Regional Champion, Placed 3<sup>rd</sup> in Discus at Regionals, Advanced to State in Shot put and finished 3<sup>rd</sup> overall. Team outstanding field event award
  - **2007- *Basketball***: All-district, Team MVP, Team Captain

- Track and Field: Shot Put District Champion, Discus runner up in District, Placed 2<sup>nd</sup> in Shot put at Regionals, Placed 3<sup>rd</sup> in Discus at Regionals, Advanced to State in Shot Put and finished 3<sup>rd</sup> overall, Team outstanding field event award
- Volleyball: All-district, Team MVP, Team Captain
- **2006- Basketball**: All-district, Team MVP
  - Track and Field: Shot Put District Champion, placed 3<sup>rd</sup> in shot put at regionals, Team outstanding field event award
  - Volleyball: All-district, Team MVP, Team Captain
  - **2005- Basketball**: Newcomer of the year, All-district, Team MVP
  - Track and field: Shot Put district Champion, placed 3<sup>rd</sup> at regionals in shot put, Team outstanding field event award
  - Volleyball: All-district, Team MVP
  - **2004- Volleyball**: Newcomer of the year, All- district, team MVP

## TEACHING EXPERIENCE

**January 2014 - Present**

**Teaching Assistant - Department of Kinesiology, Tarleton State University**

- Serve as the Instructor during Spring semester:
  - Kinesiology 120 - Fitness Walking
  - Kinesiology 122 - Racquetball
  - Kinesiology 223 - Coaching and Officiating Track and Field

**August 2011 - May 2012**

**Student Teaching - Burleson High School, Burleson, Texas**

- Serve as teaching aid in the fall and teacher in the spring
  - Over 120 hours of Physical Education
  - Clinkscale Elementary (60 hours of Physical Education)
  - Pre-Student Teaching Burleson High School (30 hours)
  - Pre-Student Teaching Clinkscale Elementary (30 hours)
  - Pre-Student Teaching Granbury Elementary (30 hours)

## PUBLICATIONS AND PRESENTATIONS

**Publications:**

**Dominguez, E.** (2013, April 18). Track and Field: Thrower Highlights. *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/04/track-field-thrower-highlights.html>

- Dominguez, E.** (2013, April 11). A Crossfitters Journey: Update on Sara Urban. *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/04/a-crossfitters-journey-update-on-sara.html>
- Dominguez, E.** (2013, March 21). SLOs and Assessment Plans in Athletics? *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/03/slos-and-assessment-plans-in-athletics.html>
- Dominguez, E.** (2013, March 8). Indoor Vs. Outdoor Track and Field Season. *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/03/indoor-vs-outdoor-track-field-season.html>
- Dominguez, E.** (2013, February 28). CrossFit Games: The Fittest on Earth! *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/02/crossfit-games-fittest-on-earth.html>
- Dominguez, E.** (2013, February 24). The Legendary Michael Jordan. *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/02/the-legendary-michael-jordan.html>
- Dominguez, E.** (2013, February 16). Glide Vs. Spin in Shot Put. *The Kinesiology & Sport Review*. Retrieved from [http://tsukinegradprogram.blogspot.com/2013/02/glide-vs-spin-in-shot-put\\_16.html](http://tsukinegradprogram.blogspot.com/2013/02/glide-vs-spin-in-shot-put_16.html)
- Dominguez, E.** (2013, February 1). A personal story. *The Kinesiology & Sport Review*. Retrieved from <http://tsukinegradprogram.blogspot.com/2013/02/cross-fit-personal-story.html>
- Dominguez, E.** (2013, January 25). We Don't Actually Throw Hammers! *The Kinesiology & Sport Review*. Retrieved from [http://tsukinegradprogram.blogspot.com/2013/01/we-dont-actually-throw-hammers\\_25.html](http://tsukinegradprogram.blogspot.com/2013/01/we-dont-actually-throw-hammers_25.html).

#### **Presentations:**

- Dominguez, E.** (2012, November). 5<sup>th</sup> Annual Kinesiology Research Symposium; Tarleton State University; Stephenville, Texas.
- Dominguez, E.** (2012, November). 10<sup>th</sup> Annual Texas A&M University System Research Symposium; Texas A&M University- Galveston; Galveston, Texas.

## PROFESSIONALISM

#### **Certifications:**

- National Federation of State High School Associations - Fundamentals of Coaching (June 2013)
- National Federation of State High School Associations - Eligibility Center Coaching Education (June 2013)
- National Federation of State High School Associations - Sportsmanship (June 2013)
- National Federation of State High School Associations - The Role of the Parent in Sports (June 2013)
- Texas Teaching Certification- All-Level Physical Education (May 2012)

#### **Clinics Attended:**

Bill Faulk's Throws Camp, July 23-26<sup>th</sup> 2013, Providence, Rhode Island, Speaker: Rob Lasorsa.

## SERVICE

### University Service:

- **Track and Field Judge-** UIL Region II- 2A Track and Field Meet; Boys/Girls Discus and Shot Put. *Dates include: April 2014, April 2013, April 2012, April 2011, and April 2010.*
- **Track and Field Judge-** Dublin Track Meet- 2A Junior High Track and Field Meet; Girls Shot Put and Discus. *Dates include: February 2014; February 2013; February 2012.*
- **Fantastic Field Day-** served as a volunteer at the annual special event designed for kids with disabilities. *Dates/participant numbers include: April 2012/250 participants; April 2011/278 participants*
- **Rock the Gym-** served as a volunteer at the annual special event designed for kids with disabilities. *Dates include: November 2013; November 2012.*
- **Track and Field Judge-** Stephenville Meet- 3A Junior High Track and Field Meet; Girls Shot Put and Discus. *Dates include: February 2011, February 2010.*

## AWARDS

- Summa Cum Laude
- All-Academic (2011 & 2012)
- Iron Texan Award (2011)

## REFERENCES

**Coach Patrick Ponder**  
Head Track and Field & Cross Country Coach  
Tarleton State University  
Box T-0080  
Stephenville, Texas 76401  
254-592-9442

**Coach Kevin Grigsby**  
Football and Track and Field Throwers Coach  
Joshua High School  
909 S. Broadway  
Joshua, Texas 76058  
214-709-6734

**Coach Craig Bethel**

Head Track and Field and Assistant Volleyball Coach  
Joshua High School  
909 S. Broadway  
Joshua, Texas 76058  
817-403-2048

**Christie Ray**

Administrative Assistant III  
Tarleton State University  
Box T-0370  
Stephenville, Texas 76401  
254-968-9186

**Dr. Joe Gillespie**

Professor of Kinesiology  
Tarleton State University  
Box T-0370  
Stephenville, Texas 76401  
254-968-1933

**Coach Terry Brosius**

Physical Educator and Assistant Track and Field Coach  
Burleson High School  
100 Elk Dr.  
Burleson, Texas 76028  
817-239-5773



# Five year plan:

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Within the next five years I will graduate with my Master's Degree in Kinesiology/Education and be well into my coaching/teaching career. Before graduation I plan on attending Track and Field Academy (USTFCCA) and receiving my special certification in the throwing events. I also will be teaching activity classes one more semester to improve my teaching experience. Upon graduation I plan on finding a University at the Division I level, possibly Stephen F. Austin and I plan on working for them for an entire season to gain coaching experience. During my time with the University I plan on networking for my next job. I will also seek my certifications in Track and Field Coaching Certification, Collegiate Head Coach Certification, and Track and Field Management Certification. At the end of my volunteer work I would find my first paying coaching job at the college level. Ideally it would be great to find a division II or III assistant track and field coaching position with teaching available. During my time as an assistant coach I will seek more certifications such as: Technical certification (TFTC) Rotational Shot Put Endorsement, (TFTC) Hammer throw endorsement, and Sprint, hurdle, and relay event specialist. I will also continue to seek college coaching clinics in and out of state. As far as my career, I plan on working my way up the ladder. If I start out at a division III, I plan to work there for a few years and after 2-3 years start finding and applying to division II jobs, after 3-5 years in division II start finding and applying to division I assistant jobs. After I have a solid foundation under me for experience and assistant job positions then I will start looking for head coaching jobs that are available. As of right now in my career I do not mind starting my experience off out of state, however if I do I would like to eventually make it back to Texas so I can be closer to my family. As for my personal life, I hope to be married within the next 5 years and potentially starting a family.

# Professional Philosophy:

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I think it is important for me to express my philosophy to you and help you understand where I developed it from. I knew I wanted to be a coach since I was in 6<sup>th</sup> grade; I grew up watching my mother impact lives as a coach. She loved each and every student/athlete she came in contact with and did everything she could to make sure her students were successful. After seeing this year after year I developed the same passion as her.



I have been involved in sports my whole life and I can count on three fingers how many coaches have truly inspired me to want to become a better athlete and person. My goal in life and as a coach is to do that for my student athletes. My personal tagline is my daily reminder to myself to



be the change, to be the change in someone's life for the better. Push them, motivate them, to go farther than they have ever gone before. Bring something out in them that they have never seen or experienced. Show them a special part of themselves they never knew they had. Under my time with them I want them to discover something they never thought they could do. I want to

inspire my student athletes every day and I want to provide them with the tools they need in life to not only be a successful athlete but a successful person as well.

Athletes spend more time with their coaches than with anyone else besides their family. That means as a coach it is my duty to provide opportunities for my athletes to grow as an athlete and as a person. I want to make sure that when an athlete leaves my program they were not only taught how to be successful in the ring and classroom but to also be confident when it is time to go out into the real world. There are five main principles my athletes should take away from my program and that is discipline, respect, intensity, integrity, and passion.