



XEN PENNY

Professional Summary

Through my own personal experience, I have tried many different avenues. I have had the privilege of learning from some of the best in the game of baseball. I want to share the “How” and “Why” behind hitting. I continue to strive to be the best with this mentality. I want to help players develop their skill acquisition and self-confidence. I desire to be the coach that I needed when I was a player.

Work History

Arizona Diamondbacks - Minor League Baseball Coach

Phoenix, AZ

01/2022 - 09/2023

- Experience in Complex league, Low A, and High A
- Managed 15 hitters in Low A
- Everyday hitting coach for newly drafted players
- Planned exercise regimens targeting individual needs and enhancing personal results.
- Planned and directed game strategies.
- Collaborated with other coaches to create and execute game plans.
- Utilized positive communication to encourage team and promote integrity and respect.
- Currently learning Spanish to communicate and work with players daily.

Next Level Academy - Hitting Coach

12/2020 - 07/2021

- Motivated athletes to become stronger, more agile, and more effective through training habits.
- Assisted in developing marketing materials to promote coaching services.
- Analyzed client feedback to adjust coaching sessions accordingly.
- Monitored team practices to establish high level of performance.

WOW Factor - Hitting Instructor

Memphis, TN

05/2020 - 12/2020

- Offered constructive feedback to clients to help reach goals.

Websites, Portfolios, Profiles

- Twitter: @XenPenny

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📍 Boerne, TX 78006

Skills

- Positive Communication
- Athlete Development
- Performance Monitoring and Optimization
- Teaching Methodologies
- Practice Planning and Management
- Hitting Mechanics
- High Baseball Acumen
- Hitting Philosophies
- Interpersonal Communication
- Video Analysis
- Data-Driven Approaches
- Swing Analysis

Education

2019

Clarke University

Bachelors of Arts: History

2017

Rowan College At Burlington County

Pemberton, NJ

season 2nd team All-GSAC

- Developed and delivered effective and engaging coaching sessions to improve performance.
- Developed relationships with clients to provide ongoing support and encouragement.
- Promoted proper stretching, warmups and conditioning exercises to prevent sports injuries.

References

- **Timothy Laker** - MLB Hitting Coordinator Cell: (805) 796-7122
- **Miguel Montero** -Former MLB Player Cell: (480) 234-6099
- **Ken Crenshaw** -Director of Sports Medicine and Performance Cell: (602) 639-0554