

CAPT(R) FARRAKH MEHMOOD

Sports Officer

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SUMMARY

I am a retired army captain with a rich background in sports management and training. My experience as a Sports Officer enabled me to develop innovative training programs and lead diverse teams towards success. I am passionate about fostering physical fitness and promoting teamwork, and I take pride in my achievements in organizing sporting events that enhance team spirit and camaraderie.

EXPERIENCE

Sports Officer

Pakistan Army

📅 05/2021 - 05/2024 📍 Bahawalpur

Served as a Sports Officer responsible for fostering physical fitness among soldiers.

- Developed and implemented training programs for soldiers.
- Organized various sports events to promote physical fitness within the army.
- Mentored junior officers in sports management and coaching.
- In 2023, my regiment's volleyball, handball, and hockey teams reached the semi-finals of the Inter-Corps Sports Competition."

LANGUAGES

English

Professional



TRAINING / COURSES

Military Training

Completed a comprehensive course on conflict resolution and leadership in military operations.

STRENGTHS

✓ Motivational Leadership

Ability to inspire and motivate teams towards achieving fitness goals.

🔧 Program Development

Expertise in designing effective sports training programs.

🏆 Athletic Expertise

Strong background in athletics and sportsmanship.

KEY ACHIEVEMENTS

★ Inter Division Sports Championship

Successfully organized the annual Inter Division Sports Championship, enhancing morale and team spirit among troops.

♥ Fitness Improvement Initiative

Led a team that improved physical training protocols, resulting in a 31% increase in fitness test pass rates.

SKILLS

Hard Skills

Sports Training

Team Leadership

Event Management

Soft Skills

Communication

Mentorship

Problem-Solving

INTERESTS

🧠 Community Sports Coaching

Avid participant in community sports events and coaching youth teams.

🏃 Marathon Runner

Dedicated to fitness and health, regularly participates in marathons and local sports competitions.