

BAILEY SILIDES

909-575-7998

Bailey.scherer.trapeze@gmail.com

Monrovia, CA

Education

University of La Verne

La Verne, CA

May 2023

B.A. in Rhetoric and
Communication Studies

New England Center for
Circus Arts

Brattleboro, VT

May 2022

Baton Twirling and
Dance Trapeze

Certifications

- NSCA CSCS
- Red Cross First Aid/
CPR/AED

Skills

- Knowledge of
physiology
- Choreography
- Interpersonal Comm.
- Group Management
- Administrative
Management

OBJECTIVE

A successful fitness journey begins with effective communication. As a coach, I value each client's individual experience. I recognize that every situation requires a nuanced approach and understanding of the client's concerns. My goal is for anyone who I am fortunate enough to coach leaves feeling happier, stronger, and more confident than when they walked in.

EXPERIENCE

Strength Coach, Bridge Performance; Pasadena CA — 2025-Present

Bridge is my happy fitness home. Under the guidance of incredible mentor/owners, Amy and Astrid, I have acutely developed a strong coaching eye and style that blends my unique approach with evidence-based methods of gaining and maintaining strength. I work with group and individual clients teaching weightlifting, power development, aerobic capacity, and calisthenics. I am also a fixture in Bridge +, the gym's robust senior strength program.

Owner and Coach, Circus Bingus LLC; Monrovia CA — 2025-Present

After several years of coaching trapeze at other gyms, I realized a long-held dream and opened my own independent coaching program. As Circus Bingus, I have brought juggling and baton twirling to local schools, and coaching group and private students in trapeze and acrobatics.

Youth Trapeze Coach, Avatar Aerial Sports; Thousand Oaks, CA — 2025

The competition team members (age 12-17) were a delightful enigma to work with — extremely talented and strong in aerial silks, but brand new to developing skills and fluidity on trapeze. In this role I identified students' existing strengths as well as limitations, and subsequently applied individualized training regimens to help them achieve their goals.