



FREDRICK J. FLOWERS JR.

PROFESSIONAL PROFILE:

Construction professional with specialization in administration and management of building systems integration and installations such as roofing and insulation, mechanical, electrical, plumbing, fire protection, conveyance, security and AV systems. Hands on individual with strong negotiating skills to cultivate solid and strategic relationships with AHJ (Authorities Having Jurisdiction), Architects, Engineers, Contractors and Suppliers. Performed initial scope, document and design review of blueprints, surveys and project manuals with project development staff. When required, wrote "Scope of Work" for bid purposes. Proficient in recognition of client needs and budget goals. Persuasive communicator with developed presentation skills to accentuate problem solving ability.

Reviewed and approved contracts, submittals, invoices, pay applications and change orders. Assisted and coordinated with and monitored multiple trade packages. Monitored and tracked installations for completeness and compliance with design, engineering, and code requirements. Managed budgets and document controls which included 'As-Built' drawings, RFI's, meeting minutes, closeout, and warranty. Coordinated directly with engineers to resolve scope conflicts mitigating effect of or eliminating change order costs for clients. Proficient in use of IBC, NEC, NFPA, SMACNA, AISC, ACI, ADAAG, Redi-Check and Master Format for code and design reference.

NOTABLE PROJECTS:

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| 1. BJCC Arena Renovation & New Stadium | Value: (Arena) \$67m, (Stadium) \$174m |
| 2. James Clemens High School, Madison, AL | Value: \$62m |
| 3. Jacksonville State Stadium & Dormitory, Jacksonville, AL | Value: \$50m |
| 4. Alabama State University Life Sciences & Microbiology Building
Montgomery, AL | Value: \$28m |
| 5. South Donahue Residence Hall, Auburn, AL | Value: \$7m |
| 6. Birmingham City Schools Capital Improvements
Birmingham, AL | Value: \$3.75m |
| 7. NASA Test Stands, Huntsville, AL | Value: \$3.35m |
| 8. Wireless Infrastructure Buildout, Alabama/Georgia/Mississippi | Value: \$3.3m |
| 9. Grandview POB Shell & Parking Deck (Combined), Birmingham, AL | Value: \$2.54m |
| 10. Northridge High School Science Wing Classroom Additions & Gymnasium | Value: \$750k |

Experience:

- Senior Project Manager, Steel City Services 12/19 - Current
- Project Manager, MATA Electrical Contractors 12/17 - 5/18
- AutoCAD Operator Wireless Design & Electrical Consultant, SMW Engineering 10/16 - 11/17
- Project Manager, Marathon Electrical Contractors, Birmingham AL 9/12 - 9/15
- Construction Manager; Volkert, Inc. 11/06 - 8/12
- Special Inspector; Birmingham Engineering Consultants, Birmingham, AL 11/05 - 11/06
- Project Manager; R.K. Wilson & Associates, Birmingham, AL 6/03 - 11/05
- Construction Manager; American Tower Corp., Atlanta, GA 6/99 - 12/02
- Construction Logistics Field Manager, Bellsouth Corp. 7/97 - 4/99

Volunteer Experience:

- Civil Air Patrol, Springville Squadron 2019 - Current
- PA Announcer/Press Box Coordinator, Clay Youth, Clay-Chalkville Schools 2010 - Current
- Assistant Football Coach, Clay-Chalkville Middle School 2019 - 2020
- Head Football Coach, Clay Youth Sports 2007 - 2018
- Security Team Member, Healing Place Church 2017 - Current
- Youth Ministry Leader, Northpark Baptist Church 2004 - 2013

Education:

- Hephzibah Comprehensive H.S., Hephzibah, GA 1988
- U.S. Logistics Management School, Newport News, VA 1990
- Univ. of Maryland, Business Mgt. & Finance/Philosophy, Europe/Asia 1993-1996
- Personnel Management & Leader Development, Tacoma, WA 1995
- Arthur Andersen Business Writing Course 1999

Professional Certifications:

- NFHS-AHSAA Coaching Requirements/Training Certifications 2019
- Red Cross CPR Certification 2019
- Construction Document Technician Certified (CDT), CSI Institute 2005

Professional Training:

- OSHA Safety & Compliance Management, Atlanta, GA 2000
- FAA/FCC Compliance Management & Safety, Marietta, GA 2002

Professional Organizations:

- Member, Construction Specifications Institute 2005 - 2012

Military Experience:

- United States Army, Logistician, Honorable Discharge 1989 - 1997

**Additional Information Available Upon Request