

# Katniss Everdeen

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## SUMMARY OF QUALIFICATIONS

- Familiar with graded exercise testing using treadmill or bicycle ergometry, body composition analysis using skinfold thickness, and muscular fitness assessment
- Effective written and verbal communication developed by leading student organization and group project work
- Strong time-management skills with 3+ years balancing part-time job, full-time class schedule, and leadership role on campus

## EDUCATION

**Southeastern Louisiana University (SLU)**

*Bachelor of Science in Kinesiology*

Concentration: Exercise Science

Hammond, LA

May 2022

GPA: 3.8/4.0

## RELEVANT EXPERIENCE

**Hammond Sports Care Center and Rehab**

Hammond, LA

*Shadowing*

August 2020 - Present

- Encouraged and coached patients through daily exercises while monitoring individual differences and needs
- Recorded and filed daily logs of patients' activities consistently, incorporating details to show improvement
- Prepared patients for electrical stimulation treatment, adhering to safety guidelines
- Communicate with patients to apply ice and heat packs and proper wrappings while minimizing discomfort

**Tangipahoa Parish Parks and Recreation**

Hammond, LA

*Basketball Camp Coach/Coordinator*

May - August 2019, 2020

- Instructed 60-70 1<sup>st</sup> – 9<sup>th</sup> grade athletes on proper athletic skills development in a clear and concise manner
- Created interactive sessions to engage youth and teach correct and safe techniques and strategies
- Collaborated with other coaches in a team-related environment, discussing game planning, team development, and mentoring individual players
- Monitored and evaluated drills and activities to ensure proper safety measures were in place
- Developed thorough camp schedules for distribution to coaches, referees and volunteers
- Maintained positive communication with campers and parents

## LEADERSHIP EXPERIENCE

**SLU Sport Management Association**

Hammond, LA

*President*

Spring 2020 - Present

- Professionally led all bi-weekly meetings to encourage networking and workplace skill development
- Actively recruited 25 club members and appoint all 5 officer positions
- Oversaw fundraising effort with a team of 4, raising \$300 in one semester
- Created and sent weekly emails to correspondence officer for distribution to club members

*Member*

Fall 2019 - Present

- Networked and built relationships with area business leaders in the sports management field
- Discussed current state of industry and networked with professionals in the field

## CUSTOMER SERVICE EXPERIENCE

**Cate Street Seafood Station**

Hammond, LA

*Server*

August 2018 - Present

- Trained 3 new servers, providing instructions and support about the menu and restaurant operations
- Effectively performed multiple tasks, such as managing guest relations, within a fast-paced environment
- Maintained approximately 20 hours per week while enrolled as a full-time student

## SKILLS

Microsoft Word, Excel, PowerPoint, and Access; Adobe Photoshop and Illustrator