

# GINA BUQUET

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Dear Sterling Wellness Team:

In response to your search for a creative and knowledgeable health coach, I believe I would be a great asset to your team.

In congruence with your mission statement, I believe in the importance of creating a culture of wellness within each and every organization. Through my experiences in various research labs, health, and fitness facilities, I hold a valuable key to a dynamic body of knowledge that allows me to be creative when promoting health and wellness programs.

As stated on your website, "the heart and soul of any successful company is its employees," and I strongly believe that my dedication, passion, and overwhelming desire to earn my spot in the industry of health and wellness would go hand in hand with the highly educated professionals and thriving company of Sterling Wellness Solutions.

Thank you in advance for your time and consideration!

Sincerely,

Gina Buquet

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## RELATED PROFESSIONAL EXPERIENCE

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### EMPLOYMENT:

- Anytime Fitness- Fitness Consultant/ Personal Trainer, March 2015- Current
- Graduate Assistantship with University of Louisiana at Lafayette Kinesiology Department, Researcher of human performance, Fall 2013- Fall 2014
- Assistant strength coach for University of Louisiana at Lafayette Track and Field team, Fall 2013- Fall 2014

### INTERNSHIPS:

- Bruce Barbell as a strength and conditioning coach, Summer 2014
- Lewis Performance and Fitness as a strength and conditioning coach, Spring 2013
- Lake Erie College of Osteopathic Medicine (LECOM) Fitness Facility, 2012
  - o Assisted in administration of workouts of the general and older population
- Athletic Republic of Erie, 2012
  - o Assisted in administration of workouts, assessing proper technique, and evaluating athletes
- Volunteer at University of Louisiana at Lafayette strength and conditioning, Summer 2011

### RESEARCH:

- Graduate Research: *Investigation of Chocolate Goats Milk as an Exercise Recovery Beverage*
  - o Fall 2013- summer 2013
- Undergraduate Research Project: *Comparison of Dynamic Balance among Collegiate Athletes*
  - o Completed May 2013

## EDUCATION

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### UNIVERSITY OF LOUISIANA AT LAFAYETTE      2013- CURRENT

- Credit towards Master of Science, concentration in Exercise and Sport Science
- Estimated Graduation: May 2015

### MERCYHURST UNIVERSITY      2011- 2013      GPA: 3.94      Graduated Summa cum Laude

- Bachelor of Science, concentration in Exercise Science

### WAYNE STATE UNIVERSITY      2009-2011      GPA: 3.72

- Credit towards Exercise Science Degree

### LAKEWOOD HIGH SCHOOL      GRADUATED 2009

## CERTIFICATIONS

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- NSCA-CSCS – \*Will sit for exam May 6<sup>th</sup>, 2015
- American Heart Association –
  - o Cardiopulmonary Resuscitation (CPR)
  - o Automated External Defibrillator (AED)

## ACHIEVEMENTS

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- NCAA Elite 89 Award (highest GPA of athletes at the Frozen Four), 2013
- NCAA ice hockey Frozen Four Semifinalist, 2013
- Mercyhurst University women's ice hockey, Assistant Captain, 2012-13
- Dean's List- Mercyhurst University, 2012-2013
- NCAA ice hockey final 8, 2012
- College Hockey America (CHA) Runner-up, 2012
- National College Athlete Honor Society, May 2012
- Pennsylvania State Athletic Conference Scholar-Athlete Award, 2011-2012
- Division 1 ice hockey scholarship- Mercyhurst University, 2011
- Dean's List- Wayne State University, 2010
- College Hockey America Rookie of the Week, 2009
- Division 1 ice hockey scholarship- Wayne State University, 2009
- Participated in Olympic Development tryout, 2009
- National skills competition champion at the USA Hockey Girls National Championships, 2009
- Midwest Elite Hockey League(MWEHL)- Point leader Runner-up, 2009
- MWEHL- Most Assists, 2009
- 19 & Under, Ohio Flames team Captain, 2007-2009
- Member of varsity basketball, softball, soccer, & roller hockey teams
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## COMMUNITY SERVICE

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- Habitat for Humanity- Erie, PA , 2012
- Gliding with the Stars- skating assistant for special needs children, 2011
- Habitat for Humanity in Detroit, MI, 2011
- Opened recycling center at University Towers in Detroit, MI, 2010
- Make a Wish Foundation Fundraiser and Donation, 2010
- Special Olympics volunteer, 2010
- Detroit Marathon volunteer, 2009
- Volunteer after school tutor at Woodbridge Elementary, 2009
- Assistant volunteer volleyball coach at Edgar Marin Middle School, 2008

## EMPLOYMENT

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|-----------------------------|---------------------------|
| - Richaud Real-estate       | Summer 2014 - Current     |
| - Child Care                | Summer 2013 & 2014        |
| - Landscaping Assistant     | Summer 2012 & 2013 & 2014 |
| - Z's Bar and Grill Service | Summer 2010 & 2011        |
| - Subway Employee           | Summer 2008 & 2009        |