

## **Richard Sheldon**

4840 Newcomb Dr. Baton Rouge, LA 70808  
225-571-6513 | rsheldon57@gmail.com

### **EDUCATION**

---

Princeton University, B.A. English, 2013

Full Course of Study including British and American Literature, Theater, Magical Realism,  
Children's Literature

Independent research: Death in Children's Literature

Senior Thesis: *Morality in Children's Fantasy Literature*

Member of Cap & Gown Club

Four years of Varsity Track & Field (Decathlon), 2009-2013

Louisiana State University, MA-LA, Projected Graduation 2021

Thesis: Modern Novel Interpretations of the *Iliad* and the Trojan War

### **PROFESSIONAL EXPERIENCE**

---

***Corporate Communications Project Manager, Avantor Inc., Allentown, PA*** **2013-2014**

Created weekly and monthly content for company newsletter. Developed content for and maintained company website. Coordinated all cross-department projects for company HQ: including fundraisers, charity drives, and community activities.

***Ballroom Dance Instructor, Ric Seeling Dance Studio*** **2017-2018**

Conducted group classes for ballroom and rhythm dances as well as one-on-one technical lessons for both established and newcomer dancers. Charged with scheduling and website maintenance, along with oversight for studio functions and projects.

***Private Track and Field Coach*** **2015-present**

Develop short and long term programs for athletes of all ages. One on one fitness, strength, and technique training, catering to the needs of the athlete. Specialize in hurdling and jumping, but have a strong background in decathlon to meet any athlete's technical need.

***High School Track Coach, Episcopal High School of Baton Rouge*** **2016-present**

Technical coach for High Jump, Long Jump, and Triple Jump. Develop long term team program for school athletes, leading to six team state championships, and eleven individual state championships.

### **ATHLETIC ACHIEVEMENTS**

---

Heptathlon – 5212 ; Decathlon - 7000

Recipient of Princeton Track's *Reach Award* (2013)

7-time Ivy League Championship Team (2009-2013)

2009 Louisiana Gatorade Track Athlete of the Year

2009 Advocate's Star of Stars