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## **Professional Objective**

I am seeking a position in a strength and conditioning facility, while looking to apply skills learned throughout my current undergraduate degree.

## **Highlights of Qualifications**

- Experience as an assistant strength coach, having coached an elite athlete and a varsity athlete
- Extremely hard and diligent worker with experience working more than one job over the summer and balancing schedules for both
- Versatile, possessing the ability to work in a team or independently
- Personable, persuasive and polite
- Physically fit, owning the ability to lift and carry heavy items
- Honour Role achievement in both high school and university

## **Education**

**University of Guelph-Humber**  
Honours Bachelor of Applied Science in Kinesiology  
Diploma in Fitness and Health Promotion

September 2013 - Present

## **Certifications**

Canadian Red Cross First Aid Level C and CPR

January 2015

## **Work Experience**

### **Event Coordinator**

Bubble Ball Soccer, Mississauga, Ontario

March 2015 - present

- Motivated and promoted a fun environment
- Brought forth a positive attitude
- Operated music system to calibrate to specific audiences
- Assembled and dismantled playing equipment, achieving an employee record
- Refereed games while maintaining a positive experience for the players

### **Manual Labour**

Upper Canada Minerals, Madoc, Ontario

May 2014 - August 2015

Black River Trading Company, Tweed, Ontario

May 2015 - August 2015

- Responsible for maintenance of equipment
- Worked extremely efficiently and quickly under high pressure situations
- Performed lawn maintenance and landscaping
- Disposed of garbage and recycling including cleaning and sweeping lunch rooms
- Submitted paper work of daily stock inventory to supervisor
- Showed leadership skills as crew supervisor when inexperienced employees were on shift

**Soccer Referee**

Tweed Soccer Association, Tweed, Ontario

April 2013 - August 2014

Unionville Milliken Soccer Club, Markham, Ontario

April 2011 - August 2012

- Scheduled games, collect and complete game sheets
- Ensured safety of players
- Enforced rules upon players and ensure proper uniforms are worn
- Politely and effectively dealt with upset players and parents
- Cooperated with assistant referees
- Reported to referee coordinator

**Service Station Attendant**

Eldorado Gas Station, Eldorado, Ontario

2008 - 2010

- Unloaded stock, stocked shelves and recorded inventory
- Greeted and Pumped gas for customers in a polite manner
- Provided customer service
- Performed cashier duties

**Cashier/Cook**

Eldorado Chip Wagon, Eldorado, Ontario

2007 - 2010

- Provided customer service
- Stocked fridges and prepared food
- Performed duties under pressure
- Cooked multiple items at once and followed food handling guidelines
- Performed opening and closing duties

**Volunteer/Internship Experience****Assistant Physical Development Coach**

Upper Canada College, Toronto, Ontario

September 2016 - Present

- Privately instructed students through dynamic warm up
- Provided advanced feedback to students on their lifting technique
- Presented effective cues on lifting cadence and body position
- Maintained a safe lifting environment, including floor space and equipment
- Learn and monitored specific cues and communication techniques used by Head Physical Development Coach
- Observed and learned Muscular Activation Techniques used by Head Coach

**Intern Student Trainer**

University of Guelph-Humber, Toronto, Ontario

January 2016 - April 2016

International FC Academy, Vaughan, Ontario

January 2016 - April 2016

- Lead warm ups and cool downs with authority
- Gave positive feedback to players
- Instructed injured players on rehabilitation techniques
- Assisted athletic director to setup and coach drills effectively
- Developed and monitored strength training protocol for client, with hands on training in the gym
- Performed numerous CSEP fitness assessments on client

**Service Learning- Diabetes Workshop Instructor**

University of Guelph-Humber, Toronto, Ontario

March 2015

- Coordinated with facility representatives to ensure smooth running of workshops
- Educated type 2 diabetics about the benefits of physical activity
- Instructed basic exercises to perform at home
- Delivered time management and healthy lifestyle advice to type 2 diabetics.
- Complied with the teaching tasks set out by the KIN 2010 Health Promotion course

**Hoops Basketball Coach**

Centre Hastings Secondary School, Madoc, Ontario

January - April 2013

- Refereed basketball games
- Coached children fundamental basketball skills
- Created and facilitated drills to improve functional fitness
- Coordinated with other coaches to schedule games