

**Lucas Wong**  
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**Objective:**

I am looking for a part time position in a sports related work environment. I work well as a team and individually, I am a social individual, and I have a strong background in sports.

**Education:**

- Sept 2019 - Nov 2019: Lighthouse Labs Intro to the Front-End with JavaScript course
- 2016 - 2017: Grade 12 Burnaby Central Secondary School - Honor Roll
- 2015 - 2016: Grade 11 George Elliot Secondary School, Lake Country - Honor Roll
- 2012 - 2015: Grade 8 - 10 Sentinel Secondary School - Principal's List

**Summary of Qualifications:**

- Athlete (Junior A hockey player, former Metro soccer player) capable of directly relating to customer needs
- Sales experience (Co-owner and salesmen of a window washing company)
- Strong knowledge of health, nutrition and high-performance exercise regimens
- Reliable, hard-working and quick learner
- Friendly and professional demeanor with strong communication skills
- Computer literate in all basic office applications

**Relevant Experience:**

- May 2019 - Present: Co-Owner of Exterior Window Washing Sales Company (Prestigeon Property Maintenance)
  - Residential exterior window washing sales
  - Managing door to door sales routes
  - Experience with commercial window cleaning and other various jobs
- Jan 2019 - Mar 2019: Volunteer as Coach for Minor Hockey Club. CT, USA. (Eric Nates)
  - Skating and puck handling instructor
- Mar 2018 - Apr 2018: Exterior Window Washing and Lawn Aeration Salesman (Exclusive Property Masters)
  - Residential exterior window washing sales
  - Door to door sales all over the Lower Mainland
  - Cleaning windows, sidings, and exteriors of gutters
  - Aeration sales and experience doing the jobs
- Sep 2017 - Feb 2018: Coquitlam Express Junior A
  - Community service and corporate promotion
  - Minor hockey coaching assistant
- Sep 2016 - July 2017: Burnaby Winter Club

- Volunteer coaching assistant and mentor to Atom rep hockey team
- Sep 2015 - Jun 2016: Community Service with Pursuit of Excellence Hockey Academy
  - Kelowna Day Care - Site maintenance and student supervision
  - Kelowna Senior Community - Cleared fire hazards from premises

#### **Interests:**

- Competitive hockey, soccer and other sports
- Music - Guitar
- Health, Nutrition and Cooking
- Travel and culture

#### **Achievements:**

- Feb 2018 - Hard Hat Award, Coquitlam Express Junior A Team
- May 2017 - Top Defenceman, Lakeland Elite Hockey Super Camp
- April 2017 - Acceptance into Queen's University Science Honour's Program and First Year Entrance Scholarship (I did not accept in order to pursue my hockey career)
- 2016-2017, Assistant Captain, Midget Prep Team, Burnaby Winter Club Hockey Academy
- 2014-2015, Captain, Midget AAA hockey team, Hollyburn Country Club

#### **References:**

- Matt Sampson, Head Coach, North Vancouver Wolfpack, PJHL
  - 604-418-558
- Jim Henkle, Head Coach, Connecticut Junior Rangers, Jr. A, NCDC
  - 732-991-3056
- Jason Fortier, Head Coach, Coquitlam Express Junior A Hockey Team
  - 905-867-2016
- Maco Balkovec, Assistant coach of Bowling Green University
  - 419-372-7239