

---

# RYAN MCELWEE

Pickerington, Ohio ▪ [RPM43147@HOTMAIL.COM](mailto:RPM43147@HOTMAIL.COM) ▪ 614.264.7447 ▪ [linkedin.com/in/rmac22owu/](https://www.linkedin.com/in/rmac22owu/)

---

## SUMMARY

Team oriented, highly motivated emerging professional dedicated to helping individuals living in underserved communities reach their goals. Recruited athletes (wrestling) who understand how to work collaboratively and achieve goals while managing time and competing priorities. Coachable and resilient.

## EDUCATION

**Bachelor of Arts, Nutrition**, Ohio Wesleyan University, Delaware, OH May 2022  
**Minor: Coaching** GPA 3.3

**Relevant coursework:** Introduction to Nutrition | Global Food Systems | Health Planning Program | Health Education Instruction Strategies | Health Communication | Lifespan Nutrition

## CAMPUS INVOLVEMENT

Recruited athletes, OWU Men's Wrestling Team

## NUTRITION AND COACHING EXPERIENCE

### **Assistant Coach**

Bishop Watterson High School, Columbus, OH 2022 – 2023

- Personal coach to state champion

### **Student Instructor**

Cooking Matters Program, Ohio Wesleyan University, Delaware, OH 2019 – 2022

- Facilitate small group cooking activities.
- Helping organize Zoom and In-person programs for low-income adults.
- Supporting the monitoring and leading of young children group activities
- Summer internship

### **Volunteer Wrestling Coach**

Pickerington Central High School, Pickerington, OH 2016-2017 and 2017-2018 Seasons

- Supervised transportation
- Facilitated pre-season workouts 3 times a week for 10 teens to focus on improving wrestling techniques.
- Personal coach to state qualifier

## **ADDITIONAL WORK EXPERIENCE**

### ***Diet and Formula Technician***

Nationwide Children's Hospital, Columbus, OH

September 2022 – Present

- Monitoring patient's allergens using current software.
- Taking patient food request
- Completing prescribed meals for patients with eating disorders
- Mixing and delivering formulas to patients throughout the hospital
- Organizing and maintaining the storage area for the formula room

### ***Turnberry Golf Course Maintenance Team***

Recreation and Parks Department, City of Columbus, Columbus, OH

May – August 2019

- Maintained golf greens and preserved landscaped areas to help create a positive public recreation environment.
- Upgraded/repaired bunkers to ensure compliance with golf course safety standards.

### ***Internship***

Boars Head Distribution, Groveport, OH

May – July 2018

- Consolidated pallets
- Order collector
- Followed food safety guidelines