

## Education + Certifications

**UCLA School of Medicine,  
Prehospital Medical Center**  
Graduate  
2014

**University of Oregon**  
Journalism; No Degree  
2002-2004

**Mountain View High School**  
Graduate  
1999-2002

**CrossFit**  
Level 1 Trainer

**Precision Nutrition**  
Level 1 Nutritionist

**American Heart Association**  
CPR for the Professional Rescuer

**Professional Assoc. of Diving Instructors**  
Open Water SCUBA Diver

**National Registry of Emergency Medical  
Technicians; EMT**  
Los Angeles County (inactive)

**American Red Cross**  
CPR/First Aid Instructor (inactive)

## Familiarity + Skills

Microsoft Suite  
Google Suite; gMail  
Adobe CC; Photoshop, Premiere Pro  
After Effects, Illustrator, Acrobat  
Storyboard Pro, Shotgun  
HTML, CSS, JavaScript, Python  
Scheduling, Calendar Keeping  
Note taking, Listening  
Public Speaking, Problem Solving

## Other Experiences

**Swimming, Strength & Conditioning Coach**  
Valley Academy of Art & Science  
(Sept 2012 - Jan 2015)

**Wilderness Survival & Self Reliance School**  
St. George, Utah  
(Jan 2007 - April 2007)

## Work Experience

July 2017 - Present

### **Gym Manager, Program Director, Personal Trainer**

CrossFit High Voltage [Formerly Modern Viking Athletics] - Burbank, CA

Managed day-to-day operations of the 200+ member gym by organizing schedules, programs, staffing, equipment purchases, and events. Designed and deployed a highly successful on-site and online coaching program with a fully custom web app. Used organizational and progress tracking software to track improvements and trajectories of all clients. Fostered growth in clients through well-crafted programming, and patient, honest support. Helped to instruct new and experienced staff in gym operations.

January 2015 - August 2017

### **Emergency Medical Technician** McCormick Ambulance - Torrance, CA

June 2014 - January 2015

### **Emergency Medical Technician** MedResponse Ambulance - Van Nuys, CA

Responded quickly and safely to 911 emergencies. Worked effectively in a team environment to provide life-saving care calmly and professionally under extreme stress. Utilized a warm and friendly demeanor to empathize with patients. Adapted to challenges and grew from supervisor feedback. Awarded LA County honors for excellence in lifesaving.

March 2009 - September 2009, September 2012 - June 2014

### **Lifeguard Supervisor, Swim Instructor** Aquatic Safety Instruction - Northridge, CA

Managed acquisitions, scheduling, and training of lifeguard team. Taught instructional swim for children and adults of all developmental and skill levels. Created training seminars for non-lifeguard summer camp and school staff to cultivate a safer pool environment and to better manage emergency situations.

September 2009 - September 2012

### **House Manager, Recovery Coach** Sober College - Woodland Hills, CA

Provided general oversight to ensure safety and well-being of clients. Managed staff roles and schedules in the recovery house. Organized school and clinical schedules for clients. Taught life skills, cooking, cleaning, budgeting, schedule keeping to house members. Tracked client progress with daily notes and maintained progress and case notes database.

June 2004 - February 2009

### **Teacher, Counselor, Director** Eugene Family YMCA - Eugene, OR

Designed and organized summer camp and after school youth programs for at-risk kids. Led 40-student outdoor adventures and backpacking trips. Lead elementary aged afterschool classroom. Communicated and planned with teachers, students, and parents to create best environment for success.