

**John Alonso**  
206 Gleneagle Dr. Byron, GA 31008  
(478)442-2581  
jvalon9455@gmail.com

## EDUCATION

### **B.S. Athletic Training**

May 2016

University of North Georgia, Dahlonega, GA

## RELATED EXPERIENCE

### **Phoebe Putney Memorial Hospital-Southland Academy**

2017-Present

Americus, GA

Works directly with all members of the Sports Medicine staff to ensure high quality care for young athletes. Assists with preventative rehabilitation and post injury rehabilitation. In charge of training type activities and safety preparations for the players, including in-game and practice injury diagnosis and treatment

### **Phoebe Putney Healthworks Personal Trainer**

2018-Present

Americus, GA

Programmed workouts to suit individuals needs. Helped educate clients proper lifting technique to prevent injuries. Challenged clients to push themselves in a safe manner to ensure their desired results.

### **GNC Sales Associate**

2016-2019

Warner Robins, GA

Worked with fellow team members to ensure quality customer care. Helped educate customers to understand the products before making a decision. Helped with organizing, clean up, opening and closing duties.

### **Athletic Training Internship, National Football League**

2015-2016

Atlanta Falcons, Atlanta, GA

Worked directly with the team's athletic trainers and physical therapist in training room duties. Assisted with training type activities and safety preparations for the players, including in-game and practice injury diagnosis and treatment. Worked collaboratively with a team of interns to complete daily tasks.

### **Athletic Training Rotation**

Young Harris College, Young Harris, GA

Spring 2016

University of North Georgia Men's Soccer

Fall 2015

Riverside Military Academy

Spring 2015

South Forsyth High School

Fall 2014

## PERSONAL ATTRIBUTES:

**Effective Communication Skills:** Articulate communicator with appreciation for the different communication styles required when working with other team members or customers.

**Honest and Reliable:** Strong morals and ethics ensure honesty, reliability and ability to undertake tasks responsibly and timely.

**Flexible:** Understanding of need to remain flexible to support last-minute demands and changes. Comfortable in changing environments and situations, ensuring ability to remain flexible and adaptable at all times.

#### AFFILIATIONS

- Certified and Licensed Athletic Trainer
- CPR & BLS Certified

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## **References**

**Will Sells, MS, ATC LAT**

Director of Sports Medicine  
Physical Medicine at Phoebe Northwest  
2336 Dawson Rd, Albany, GA, 31707  
Phone: (229) 733-3390

**Jeff Tanner, MS, ATC LAT**

Head Athletic Trainer  
Deerfield Windsor Academy  
2500 Nottingham Way, Albany, GA 31707  
Phone: (229) 669-9248

**Kacie Welch MS, ATC LAT**

Athletic Trainer/Health Instructor  
Gainesville High School  
830 Century Pl, Gainesville, GA 30501  
Phone: (478) 550-8343

**Jared Sandler, ATC, Med, LAT**

Head Athletic Trainer  
Young Harris College  
Chattahoochee National Forest, 1 College St, Young Harris, GA 30582  
Phone: (706) 379-5191