



# Katie Gawronski

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## Certifications

- CPR/AED/First Aid
- Lifeguard
- CDC Heads Up
- NYS EAS Teaching
- NYS Physical Education CST  
(pending)
- NYS Health Education CST  
(pending)

## Education

### Canisius University

- Masters of Science in Physical Education, Anticipated 05/2025
- Bachelor of Science in School of Education & Human Services
- Physical Education & Health Education, Anticipated 05/2024

### Norwich High School

- Class of 2020 Vice President (2019-2020)
- Student Body Vice President (2016-2017)
- National Honor Society Inductee

## Professional Summary

I am a Physical/Health Education Major with a background in Track and Field coaching. I am passionate and eager to promote the importance of physical activity, healthy behaviors, and physical literacy to students and athletes to ***promote the importance of a healthy lifestyle.*** With previous experience running for a Division 1 Track and Field team, it is important to give back and teach others about finding their passion and expanding upon that feeling for their success.

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## Teaching Experience

### Student Teacher

Clarence Middle School, Clarence, NY

September 2023 - Present

- Taught Physical, Adapted Physical, and Health Education classes
- Worked with general and special needs students of all abilities
- Created and taught physical and health education lessons using NYS and National Standards with psychomotor, cognitive, and affective learning domains to increase physical literacy

### Pre-Season Lacrosse Assistant Coach

Clarence Center Community Education, Clarence, NY

September 2023 - Present

- Assisted with 5th-6th grade, JV, and Varsity levels
- Responsible for assisting head coach with team materials, time management strategies, player feedback, and motivational environment.

### Substitute Teacher

Clarence Central School District, Clarence, NY

December - February 2023

- Provided a structured environment for special education classes in grades K-8, elementary music, in-school suspension, middle school health education, and high school physical education.

### Lifeguard/Swim Instructor

The Park School of Buffalo, Amherst, NY

June 2022 - Present

- Organized daily activities for ages K-14.
- Taught group/individual swim lessons based on skill level

## Achievements

- 4-Year Varsity Women's Track and field Athlete at Canisius University (2020-2024)
- NYS Department Major of the Year Award (11/23)
- SHAPE America Major of the Year Award (03/24)
- Canisius University 400m Hurdle Record Holder (05/23-Present)
- Canisius University 4x800m Relay Record Holder (03/22-Present)
- ECAC Indoor Championship Qualifier (03/22)
- ECAC Outdoor Championship Qualifier (05/22-23)

### Bolt's Track and Field Assistant Coach

Norwich Family YMCA, Norwich, NY

June 2016 - August 2021

- Instructed youth athletes K-18 on the fundamentals and skill tactics of track and field
- Introduced starting block technique, reaction time, running form, blind relay baton hand-offs, hurdle technique and hurdle drills, proper track warm-ups, relay-racing, proper finish form, and racing strategies.

### Youth Care Provider

Norwich Family YMCA, Norwich, NY

September 2018 - June 2020

- Supervised and cared for children infant to 12 years old
- Provided structured environment with daily learning and physical activities

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## Canisius University Community Involvement

### Women in Sports Day Athlete Representative

February 2023

- Facilitated event to empower young girls involved/interested in sports around the Buffalo area.
- Instructed girls with the fundamental skill important to the sport of Track and Field.

### Educational Preview Day Undergraduate Representative

March 2022 - 2023

- Informed incoming freshman and parents about the Canisius University PE department as well as the responsibilities that come with balancing academics with athletics from a student-athlete standpoint.

### Accepted Students Day Undergraduate Representative

April 2023

- Facilitated event for accepted high school seniors and transfer students about the PE/HE department, required courses for graduation, and question/answer session.