# Certification

# Education

## North Carolina State University, Raleigh, NC 2012-2016

* B.S. Science Education, Secondary Biology concentration

**Teaching Experience**

**Student Teaching: Garner Magnet High School, Garner, NC 2015-2016**

# Work Experience

## Head Swim Coach, Park at West Lake Stingrays, Apex, NC May 2014-Present

## Coach children ages 5-18 water safety, improve swimming technique and race strategy

## Manage 100+ swimmers, evaluate skill level, and provide a motivating team atmosphere

* Learn new computer software to input meet information and event entries

## Interact with children, parents, pool staff, and other coaches

## Led the team to improve division rank over one season in 2014

## Assistant Swim Coach, Park at West Lake Stingrays, Apex, NC May-July 2013

* Coached children ages 5-18 how to swim through developing technique and providing motivation
* Adapt and take directions from head coaches
* Interact with children, parents, and pool staff

**Private Swim Lessons 2010- Present**

* One-on-one swimming instruction of varying degrees of ability and varying ages.
* Develop water safety, swimming skill, technique, and confidence in the pool

**Extracurricular Activities**

**Varsity Swimming, North Carolina State University (2012-2016)**

* Scholarship Caterpillar Student-Athlete on the varsity swim team
* Pool training (20+ hours a week), weight training three times a week
* Learned valuable time management skills, dedication, and teamwork

**National Science Teachers Association Member (Fall 2015)**

* NCSU Student Chapter

**Volunteer Experience**

* Wolfpack Blitz (March 2014 & 2015)- part of a group of NC State student-athletes who explained a group of elementary/middle school students about the importance of working hard in school and sports
* CampPack (March-May 2015)- Mentor up to three underprivileged first grade students and provide them with support and motivation in all aspects of their lives
* Salvation Army (2012 & 2015)- helped organize and sort items
* Reedy Creek Elementary School (2012 & 2013)- helped teachers set up classrooms in preparation for students to return to school

**Honors and Certifications**

* Flinn Scientific, Inc. Lab Safety certified
* ACC Caterpillar Scholar Athlete (2014, 2015)
* QPR Suicide Prevention certified
* CPR/AED certified
* Middle Creek High School Varsity swim team captain 2012

References upon request.