

LAUREN I. BURKE, MS, LAT, ATC

300 Parsippany Road, Parsippany, NJ 07054
973-303-8624 (cell) ; laureniburke3@gmail.com

EDUCATION

Plymouth State University

Plymouth, NH

Master of Science

May 2018

Major: Athletic Training

The Pennsylvania State University

University Park, PA

Bachelor of Science

May 2013

Major: Kinesiology: Fitness Studies

CLINICAL

Outreach Athletic Trainer

August 2018 – August 2020

EXPERIENCE

UPMC Susquehanna, Canton High School, Williamsport, PA, Canton, PA

- *Sports:* Football, Girls Volleyball, Cross Country, Cheer, Boys Basketball, Girls Basketball, Wrestling, Baseball, Softball, Track & Field
- Collaborated with administration as part of sport safety task force to create COVID-19 return to sport policy
- Created and implemented a new athletic emergency action plan to meet current standards
- Lead annual rehearsals of emergency action plan with coaches and team physicians
- Design warm-ups that focus on injury prevention for athletes
- Assist with completion of athletic physical examinations

Athletic Training Student

August 2016 – May 2018

Plymouth State University, Plymouth, NH

- *Sports: Plymouth State University* – Field Hockey, Men's Ice Hockey, Softball, On-Campus Rehabilitation
- *Sports: Plymouth Regional High School* – Football, Field Hockey, Boys Soccer, Girls Soccer, Girls Volleyball, Cross Country, Cheer, Boys Basketball, Girls Basketball, Wrestling, Downhill Ski, Ski Jump
- Performed injury/concussion assessment and diagnosis
- Designed therapeutic exercise programs and adjusted to patient needs
- Selected and utilized appropriate therapeutic modalities - EStim, ultrasound, hot/cold whirlpool, paraffin bath, manual therapies

PROFESSIONAL

Strength and Conditioning Intern

2013 – 2016

EXPERIENCE

Lusardi's Health and Training Center, Rockaway, New Jersey

- Assisted in developing and implement fitness programs for clients
- Instructed proper weightlifting technique

	Assistant Track and Field Coach 2013 – 2016 <i>Morris Hills High School, Rockaway, New Jersey</i> <ul style="list-style-type: none"> • Assisted the head athletic trainer in recognition and rehabilitation of injuries • Created and led daily workouts for 20 athletes • Coached long, triple, and high jumpers - from beginner to advanced level
	Optometry Technician Assistant May 2012 – May 2013 <i>Nittany Eye Associates, State College, Pennsylvania</i> <ul style="list-style-type: none"> • Assisted optometrist and optometry technicians in preparing patients for appointments by performing pretesting, operating equipment, recording patient medical history • Scheduled appointments, record, transcribe, and distribute minutes of meetings, type correspondence and memos and prepared weekly reports for management
ADDITIONAL EXPERIENCE	Lead Lifeguard/Deck Supervisor May 2013 – September 2015 <i>Frog Falls Aquatic Park, Picatinny Arsenal, New Jersey</i> <ul style="list-style-type: none"> • Supervised up to 23 lifeguards daily • Organized and led bi-weekly in-service sessions
	Picatinny Arsenal Mud Run – Medical Tent June 2013, 2014, 2015 <i>Picatinny Arsenal, New Jersey</i> <ul style="list-style-type: none"> • Provided medical services for competitors in annual Mud Run
	Special Olympics Summer Games – Medical Tent July 2010 - 2015 <i>Ewing, New Jersey</i> <ul style="list-style-type: none"> • Provided first aid and CPR to athletes as needed
ATHLETIC EXPERIENCE	Track and Field – Club Member/Coach/Safety Officer 2009 - 2013 <i>Pennsylvania State University, University Park, PA</i>
	Track and Field – Varsity Traveling Team Member 2008 - 2009 <i>Pennsylvania State University, University Park, PA</i>
	Student Athlete Advisory Board 2008 - 2009 <i>Pennsylvania State University, University Park, PA</i>

**PROFESSIONAL
AFFILIATIONS**

National Athletic Trainers' Association
Eastern Athletic Trainers' Association
Athletic Trainers' Society of New Jersey
National Strength and Conditioning Association
American College of Sports Medicine

**CERTIFICATIONS/
LICENSURES**

National Athletic Trainers' Association Board of Certification
New Jersey State Board of Medical Examiners Athletic Training License
American Heart Association Basic Life Support (BLS)
U.S. Track & Field and Cross-Country Coaches Association Track &
Field Technical Coaching

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Professional References

Michael Ludwikowski

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UPMC Susquehanna Sports Medicine
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Liesl Lindley

Director of Clinical Instruction
Plymouth State University
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