

# Sean Henderson

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## EDUCATION

**The Ohio State University**  
*Columbus, OH*

**May 2025**

Bachelor of Arts in History, Minor in Computer and Information Science  
Dunn Sports and Wellness Scholar

## WORK EXPERIENCE

**Ohio State Women's Basketball | Sports Science Intern**  
*Columbus, OH*

**September 2023-Present**

- Collect and monitor key trends from Catapult and Polar wearable technology for all players
- Operate and manage the Strategic Periodization process between coaches, staff, and players
- Create dashboard in R and Tableau with 2023-24 Catapult data to assist upcoming practice and game prep

**University of Louisville Athletics | Sport Science Intern**  
*Louisville, KY*

**May 2024-July 2024**

- Operated Catapult and 1080 Sprint technology for UofL Football workouts and provided analysis to coaches
- Began research on correlating ankle stiffness with force production in D1 sprinters with Hawkin Force Plates
- Participated in weekly intern study sessions to prepare for CSCS and CPSS certification exams

**Ohio State Women's Volleyball | Analytics Intern**  
*Columbus, OH*

**July 2022-April 2023**

- Cleaned match code with Sportscode to assist with weekly opponent scouting reports
- Visualized a dashboard with Tableau to analyze 3 day vs 7 day practice stats and monitor player fatigue

**Dynamic Sports Training | Analytics Intern**  
*Cypress, TX*

**May 2022-August 2022**

- Collected power, speed, and force metrics from Hawkin force plates for 200+ athletes ranging from high school to MLB
- Performed data manipulation and data cleaning to analyze data with Microsoft Excel and R
- Modified individual strength programs for batters and pitchers in FYTT platform

## INTERCOLLEGIATE ATHLETICS EXPERIENCE

**The Ohio State University | Varsity Cheerleader**  
*Columbus, OH*

**June 2021-Present**

- Develop teamwork and time management skills while enrolled full time and practicing 20+ hours a week
- Provide an exceptional experience at skill development camps for 50 to 75 athletes throughout the year
- One of 6 males to win a Collegiate National Championship in 2024 and 2025
- Give back to the less fortunate through 10+ yearly community service events as a team

## VOLUNTEER EXPERIENCE

**Mid-Ohio Food Collective | Volunteer**  
*Columbus, OH*

**August 2022-Present**

- Sort, package, and distribute 7,000+ pounds of food per shift for the less fortunate
- Guide new volunteers with any questions and assisted them in various projects
- Maintain the food storage warehouse to keep track of food inventory
- Partner with the Cohesion Foundation (NIL) in connection with MOFC to reduce food insecurity in Columbus