

SUMMARY

I believe that no athlete should leave the great sport of track & field saying, "I never did my best." I strive to be a global leader in the sport of track & field, pursuing peace through sport. My experiences as a coach, teacher, and academic have prepared me with the experience and knowledge to implement poised and appropriate leadership in collegiate track & field and cross-country. By rooting athletic progress as a function of academics, I believe in using the cross-country course and track as an extension of the classroom useful for developing young women and men into transformative and positive examples of leadership.

HIGHLIGHTS

- Was recruited for current coaching position showing ability to create positive reputation in community
- Coaching experience at various levels of sport under diverse leadership styles
- Head coaching experience
- Serves as coaching educator for USA Track & Field
- Graduate degrees in both teaching and exercise science
- Academic record of scholarship in track & field and cross-country
- Active in international coaching development community

EXPERIENCE

UNIVERSITY HIGH SCHOOL; Greeley, CO 80634

February 2017 – May 2017

Assistant Track & Field Coach (Throws)

- Served as the main technical coach for discus and shot put for developmental athletes
- Provided training that allowed athletes to qualify for the state finals

UNIVERSITY OF NORTHERN COLORADO; Greeley, CO 80639

August 2014 – December 2015

Volunteer Assistant Track & Field Coach (Throws)

- Served as the main technical coach for shot put and hammer throw for developmental athletes
- Provided training that allowed athletes improve personal best marks for the first time in upwards of a year or more

LONGWOOD UNIVERSITY; Farmville, VA 23909

August 2013 – November 2013

Volunteer Assistant Cross-Country Coach (Men and Women)

- Assisted with planning of training for NCAA-I cross-country teams.
- Assisted with workout planning
- Conducted practices as directed by the head coach
- Assisted with budget creation and management
- Generated travel authorization requests
- Generated travel itineraries
- Managed recruitment using ARMS software

ALBEMARLE HIGH SCHOOL, Charlottesville, VA 22903

August 2012 – November 2012

Volunteer Assistant Cross-Country Assistant (Boys)

- Assisted with practices for a high school cross-country program

OSBOURN HIGH SCHOOL; Manassas, VA 20110

August 2008 – August 2011

Cross-Country, Indoor & Outdoor Track Coach (Boys & Girls)

- Planned and implemented training for developmental endurance running athletes
- Provided training that allowed athletes to qualify for state finals
- Provided training that allowed committed athletes to improve personal best times throughout career
- Developed and implemented two week-long off site cross-country camps
- Organized fundraising events for program
- Organized team banquet for program
- Designed and purchased team apparel and gear
- Maintained newsletters to optimize communication with parents
- Maintained team website and calendar for sharing of all logistic information
- Maintained team social media presence

COACHING CERTIFICATIONS

USTFCCA Master Coaching Certification – Cross-Country	In Progress (completion TBD)
USA Track & Field Cross-Country Specialist	August 2016
USA Track & Field Level 2 Coaching Certification – Throws	July 2015
USTFCCA Program Manager Certification	January 2015
USTFCCA Strength & Conditioning Specialist*	January 2015
USA Track & Field Level 1 Instructor Certification	July 2014
USA Track & Field Level 2 Coaching Certification – Sprints & Hurdles	July 2014
USA Track & Field Level 2 Coaching Certification – Endurance Events	July 2011
USA Track & Field Level 1 Coaching Certification	November 2008

* Please note that this is an accredited strength and conditioning certification and satisfies the requirements of the NCAA. However it is my intent to complete the CSCS exam in the coming months.

† Other professional development can be found on my Curriculum Vita

ATHLETIC HISTORY

Sport	Level	Achievements
Ultra-Running	Post-College	<ul style="list-style-type: none"> Finished 7th at OSS/CIA 50mi Night Run – 2012 Finished 20th at USATF 50mi National Championships – 2012
Cross-Country	NCAA Div III-UMAC	<ul style="list-style-type: none"> 3 x Team Conference Championships 3 x Individual All-Conference Individual Conference Runner-Up 2004
Track and Field	NCAA Div III-UMAC	<ul style="list-style-type: none"> All Conference Steeplechase – 2004
Cross-Country	High School	<ul style="list-style-type: none"> 3 x All-Conference State Qualifier – 2000, 2002 All-State 2002
Track and Field	High School	<ul style="list-style-type: none"> 5 x All-Conference in 1600m and 3200m State Qualifier 1600m – 2003