



Concord, NH



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EDUCATION

Master of Science
Sport Management
Florida State University
08/2018 - 05/2020

Bachelor of Science
Athletic Training
West Virginia University
08/2014 - 05/2018

PROFESSIONAL CERTIFICATIONS

Board of Certification ID:
2000031778
2018- present

State of Massachusetts License-
3590
2021-present

State of New Hampshire License-
1422
2020-present

State of Virginia License-
0126003434
2020- present

State of Florida License: *AL5271*
2018-2020

Sport Manual Therapy Certified
2019-present

National Provider Identifier:
1962955740
2016-present

National Athletic Training
Association Member ID: *80919*

American Red Cross Basic Life
Support
08/2020

American Red Cross CPR/AED for
Professional Rescuers Instructor
02/2021

PROFESSIONAL EXPERIENCE

FITNESS COACH

Roots Athletic Development, Manchester, NH | 06/2021-08/2021

- Planning daily workout routines for athletes participating in a variety of sports
- Include a warm-up, cool-down, and stretching/mobility session.
- Correcting technique for safety, injury prevention, and effectiveness.
- Gym cleanliness and safety inspections

HEAD ATHLETIC TRAINER

Granite State Physical Therapy, Concord, NH | 06/2021-Present

- Athletic Trainer at Bow High School in Bow, NH
- Coverage of New Hampshire Technical Institute (NHTI) Athletics, and USPHL Jr. Monarchs and EHL NH Avalanche ice hockey programs
- Scheduling and coordination of Full-Time and Per Diem Athletic Trainer schedules
- Communicating with coaches and team management regarding practice/game/event schedules
- Communicating with medical professionals, athletes, and team coaches regarding returning athletes to play

CERTIFIED ATHLETIC TRAINER | 09/2020-08/2021

- Athletic Trainer at Pembroke Academy in Pembroke, NH
- Prevention, evaluation, diagnosis, treatment, and rehabilitation of athletic injuries
- Adhered to all safety guidelines set forth by the CDC during the COVID-19 pandemic
- Administered and interpret ImPACT testing for concussion management.
- Communicated with athletes, coaches, parents, and necessary school administration
- Provided game coverage for Tier II and Tier III junior ice hockey programs.

GRADUATE ASSISTANT ATHLETIC TRAINER

Florida State University | 08/2018 - 05/2020

- Provided Athletic Training services to 35+ Club Sports teams and Intramural Sports. Primary responsibilities include Ice Hockey, Lacrosse, and Rugby.
- Athletic Trainer for students in the ROTC Programs
- Organized and managed Athletic Training events calendar, email account, and SportsWare electronic medical record system
- Athletic Trainer and Equipment Manager with the Ice Hockey team for competitions and tournaments up to seven hours away
- Provided Athletic Training services to general student population in the Athletic Training/Physical Therapy Clinic
- Taught mobility classes for students that included stretching, foam rolling, and muscle release techniques.
- Teaching Assistant for undergraduate class section of "Basic Sports Medicine" and "Board of Certification Exam Preparation"

PROFESSIONAL MEMBERSHIPS

Professional Hockey
Athletic Trainers Society-
2020

Southeast Athletic Trainers'
Association- 2018

Athletic Trainers'
Association of Florida-
2018

National Athletic Trainers'
Association- 2015

PROFESSIONAL PRESENTATIONS

22-year-old Male
Collegiate Swimmer
Affected by Idiopathic
Hypersomnia 03/2018

JOURNAL CLUB PRESENTATIONS

The Bridge-Enhanced
Anterior Cruciate Ligament
Repair (BEAR) Procedure-
11/2019

Proximal, Distal, and
Contralateral Effects of
Blood Flow Restriction
Training on the Lower
Extremities: A Randomized
Control Trial- 12/2019

Motion Sickness
Susceptibility and Baseline
Vestibular and Ocular-
Motor Performance in
Adolescent Athletes-
01/2020

The Effects of Sex
Differences and Hormonal
Contraception on
Outcomes after Collegiate
Sports-Related
Concussion- 02/2020

The Buffalo Concussion
Bike Test for Concussion
Assessment in Adolescent
Athletes- 03/2020

PRE-PROFESSIONAL EXPERIENCE

CHAMPIONS COACH

Titus Human Performance | 08/2019 – 05/2020

- Coach elementary school kids, grades K-5, through a prevention driven exercise program focused on flexibility, strength, endurance, speed, and agility

FIRST AID RESPONDER

Miami University Ice Hockey School, 610 S Oak St, Oxford, OH 45056 | 06/2018 - 07/2018

- Ensured general safety in residence halls and recreational areas.
- Performed injury evaluations and emergency treatment.
- Administered medication to attendees based on parent-provided medical instructions.

ATHLETIC TRAINING STUDY ABROAD- Dublin, Ireland

Dublin City University, Dublin, Ireland | 03/2017

- Attended lectures on sport psychology, Journal Club and daily clinics for college athletes, as well as fitness classes for the elderly.
- Introduced into the culture and athletics of Ireland.

STRENGTH AND CONDITIONING INTERN

NST SPORTS PERFORMANCE | 05/2017 – 08/2017

- Coached many teams and individual athletes with skill levels ranging from peewee to professional, in the weight room and field/speed training.

VOLUNTEER EXPERIENCE

ATHLETIC TRAINER

Florida State University Flying High Circus | 02/2019- 05/2019

- Provided Athletic Training services at weekly practices for approximately 80 student performers participating in 18-22 different acts.

STAFF- NCAA WOMEN'S FINAL FOUR

Tampa, FL | 04/2019

- Guest relations, fan engagement, and overall safety at Tourneytown Fan Fest
- Set up, management, and cleanup of interactive features.

DONOR- Be The Match

United States of America | 02/2018-present

- Set up information stations on campus to allow for anyone to gain information and sign up to be a bone marrow donor.
- Was able to save a life from my own bone marrow donation.

DEAN'S STUDENT ADVISORY BOARD- Co-Chair

West Virginia University College of Physical Activity and Sport Sciences | 08/2017 – 05/2018

- Planned and ran monthly meetings.
- Organized a networking event for the students at the college.
- Fundraised for the Senior Class Scholarship
- Spoke at CPASS Commencement for the Class of 2018