

KRISTAL TERPSTRA

Somersworth, NH 03878

Athletic trainer possessing dynamic interpersonal communication skills, strong mentoring ability, and talented at motivating and connecting with athletes. Experience with a wide-variety of sports and injuries and equipped to support the mission of any athletic program.

EXPERIENCE

OCT 2019 – CURRENT

CERTIFIED ATHLETIC TRAINER, JOHN STARK REGIONAL HIGH SCHOOL
ATHLETIC TRAINER

NOV 2017 – OCT 2019

CERTIFIED ATHLETIC TRAINER, SEACOAST ORTHOPEDICS
Part of orthopedic surgeon team

Nov 2019 – CURRENT

CERTIFIED ATHLETIC TRAINER, ACCESS ORTHOPEDICS
Per Diem Athletic Trainer

NOV 2017 – CURRENT

CERTIFIED ATHLETIC TRAINER, NHMI/SAFE SPORTS
Per Diem Athletic Trainer

SEP 2015 – NOV 2017

CERTIFIED ATHLETIC TRAINER, GRANITE STATE PHYSICAL THERAPY

NHTI - Aug 2016 - Nov 2017.

Hillsboro-Deering High School - Aug 2015 - Aug 2016.

Duties included: ImPACT testing for student athletes, helped develop concussion protocols, tracked injuries with SIMS, created rehabilitation programs for athletes, diagnosed injuries for athletes, developed working relationships with athletes, and worked closely with other health care providers

JUL 2016 – CURRENT

CERTIFIED ATHLETIC TRAINER, GRANITE STATE GAMES
Cover lacrosse, basketball, and soccer games.

JUN 2016 – CURRENT

CERTIFIED ATHLETIC TRAINER, USSPORTS CAMPS

Cover football, soccer, and running camps. Was in charge of student athletic trainers and helped them understand the job of an athletic trainer and increased their skill and knowledge level.

AUG 2006 – MAY 2009

STUDENT VOLUNTEER, UNIVERSITY OF IOWA HOSPITALS AND CLINICS

Volunteered in the physical therapy department

EDUCATION

MAY 2015

MASTERS ATHLETIC TRAINING, PLYMOUTH STATE UNIVERSITY

Secretary and president of Medieval Society, Secretary and treasurer of Japanese Culture club, worked with men's soccer, wrestling, women's lacrosse, volleyball, Holderness School.

DEC 2010

BACHELORS INTERDEPARTMENTAL STUDIES, UNIVERSITY OF IOWA

Student volunteer at physical therapy department, marching band, pep band, coaching certificate

SKILLS

- CPR and First Aid certified
- BOC, NH, MA licensing
- Works well under pressure
- Self-motivated
- Punctual
- Evaluation and diagnosis in clinic
- Energetic personality
- Learn software quickly
- Organized
- Emergency Care
- Promotion of health
- Prevention of injuries and illness