Chapel Hill, NC

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## **Professional Summary**

Highly accomplished leader, mentor, and teammate with strong experience in scientific writing and reporting, market research, and peer advising. Brings a systematic approach to problem-solving and personal growth, reinforced by years of experience as a national champion athlete, laboratory research intern, and youth track coach. A curious and results-driven extrovert eager to contribute to a winning culture.

# **Skills Inventory**

- Time-management Lead Prospecting Social Media Engagement
- •Curriculum planning Written Communication Statistical software (R,JMP)

### PROFESSIONAL EXPERIENCE

# Puma Elite Track Club, Chapel Hill, NC Professional Athlete

**December 2020-present** 

Full-time contracted athlete representing Puma as part of a professional track & field team, pursuing qualification for US Olympic and World Championship teams.

- Follow highly-disciplined and detail-oriented training regimen complete with weights training, physical therapy, and nutrition and medical services to maximize peak performance.
- Serve as a global ambassador to one of the largest sports apparel brands in the world, engaging with over 2,500 social media followers across Instagram, Twitter, and Strava through production of digital content and storytelling.

# **MyHuddle**, (Remote)

April 2022 -present

Virtual Mental Health Care Solution for Student-Athletes

#### **Customer Relations Intern**

Pursued projects in market research, lead prospecting, and email marketing for development of an online mental healthcare service for college athletes and teams.

- Coordinated a market research campaign, personally scheduling and auditing interviews with dozens of NCAA athletes and administrators to identify the unique needs of MyHuddle's target audience.
- Conducted lead prospecting research across all levels of collegiate athletics, identifying and contacting hundreds of prospective clients, including 8 of the pilot schools in MyHuddle's Fall 2022 demo launch.
- Researched, composed, and presented a 60-slide report on competitor business models directly to CEO using written and visual reporting in PowerPoint to inform design of product demo.

# **Stanford Human Performance Laboratory, Stanford, CA Research Intern**

March-June 2019

Assisted in experimental set-up and data analysis for PAC12- funded study on biomechanics and forces underlying musculoskeletal injury in collegiate distance runners.

- Interacted directly with research participants, using anatomical knowledge and technical training with 3-D motion-capture technology, force plates, and accelerometers to prepare experimental trials.
- Performed motion-capture data analysis and troubleshooting using Cortex software package to track loading patterns in running gait.

#### **EDUCATION / TRAINING**

# Stanford University

Bachelors of Science- Human Biology Psychology Minor

#### **VOLUNTEERISM**

Partners in Academic Excellence, Stanford,CA Student-athlete peer mentorship program Undergraduate Mentor September 2017-April 2018

Served as a peer mentor to a group of 12 incoming student-athletes, holding weekly sessions on time-management, mental health and wellness resources, academic planning, and more.

- Facilitated group wellness checks, utilizing training on mental health first-aid and resource referral practices to ensure advisees made a healthy adjustment into college athletics.
- Designed and executed workshops teaching best practices for resume-building, LinkedIn, and use of campus career-building resources to jump-start reflection on post-athletics goals.

#### **AWARDS/ HONORS**

• PAC-12 Scholar Athlete of the Year 2019

USTFCCCA All-Academic Team

•Google Cloud Academic All-American 2019

• 5x NCAA All-American

•NCAA Champion, 3,000m Steeplechase 2019