

## Education

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### San Jose State University

- Master of Arts, Exercise Physiology May 2021
- Bachelor of Science, Athletic Training May 2018
  - 3.8 GPA

## Experience

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### Los Gatos Orthopedic Sports Therapy

July 2018 – Present

#### **Athletic Trainer for Santa Clara Aquamaids and Santa Clara High School, Physical Therapist Aide**

- Counseling and educating student athletes/coaches regarding health, conditioning, illness, and injury prevention, examination and diagnosis, treatment, and rehabilitation of emergent, acute, and chronic neuromusculoskeletal conditions to student athletes
- Managing return to play criteria for injured athletes
- Designing conditioning programs (flexibility, strength, cardiovascular fitness) to reduce the risk of injury and illness
- Managing health care administration and injury tracking software
- Direct supervision of all high school sport teams
- Use of therapeutic modalities to reduce risk of injury and maintain strength and flexibility of elite level synchronized swimmers

### Los Gatos Orthopedic Sports Therapy PRO

July 2020 – Present

#### **Certified Strength and Conditioning Specialist (CSCS)**

- Specialize in aquatic sports, athletic performance and injury prevention
- Lead 1-on-1 individually specialized performance programs

### San Jose State University

January 2020 – Present

#### **Graduate Assistant Athletic Trainer**

- Report to the head of sports medicine
- Graduate assistant athletic trainer for the SJSU Women's Swimming and Diving team
- Designated COVID-19 Designee for the primary team
- Daily sport specific injury prevention treatments and injury rehabilitation of swimmers
- Managing health care administration and injury reports
- Managing return to sport protocol for injured athletes

### West Valley Water Polo Club

May 2018 – July 2019

#### **Water Polo Head Coach - 14 and Under Girls**

- Led practices for the assigned team
- Used 15 years of player experience to teach water polo skills
- Participated in Junior Olympics as a head coach

## Skills/Techniques

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- Certified Strength and Conditioning Specialist
- Certified Athletic Trainer
- AHA AED/CPR, First Aid Certified

## Activities/Awards

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**NATA Board of Certification** (BOC #2000033269)

**National Athletic Training Association Member** (ID #: 94005)

**Certified Strength and Conditioning Specialist** (CSCS #: 7248308422)

**National Strength and Conditioning Association Member** (ID #: 001083592)

**San Jose State University Women's Water Polo Team Member**

- Best Defensive Player Award 2016, 2017, 2018
- Honorable Mention All-MPSF Women's Water Polo Player 2017, 2018