

# Alexandra R. Chierichella

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## EDUCATION:

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- **Alvernia University** Expected Graduation: May 2023  
Master of Athletic Training  
Bachelor of Healthcare Science  
Minor in General Science | GPA: **3.62** |

## CLINICAL EXPERIENCE:

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- **Albright College** Fall 2022  
Reading, PA
  - Assisted with Football, Women's Volleyball and Field Hockey
    - Provided first aid, joint taping, stretching techniques, and rehabilitation programs
  - Helped with orthopedic screenings
  - Created rehabilitation plans for lower leg, including ankle, foot, calf, knee, and hip injuries
  - Maintained adequate documentation for athletes
- **Wilson High School** Spring 2022  
West Lawn, PA
  - Assisted with both men's and women's lacrosse and basketball
  - Helped increase range of motion in joints and decrease stiffness in muscles
  - Assisted in functional testing
  - Created rehabilitation for shin splints
  - Proper injury documentation reports and updates in progress for rehabilitation
- **Alvernia University** Fall 2021  
Reading, PA
  - Managed the Football team
  - Helped ankle rehabilitation plans
  - Assisted with concussion screenings
  - Documented injury reports

## OTHER EXPERIENCE:

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- **Resident Assistant** 2020 – Present  
Reading, PA
  - Assist with the needs/or questions of the residents
  - Reports to the Area Coordinator
- **Arbors Assisted Living** 2019 – Present  
Islandia, NY
  - Engages residents to participate in activities

- Creates a positive atmosphere
- Assists with peer mediation
- **Athletics Equipment Manager** 2018 – Present  
Reading, PA
  - Duties to laundry, game-day set up, inventory systems, preparing locker rooms
  - Report to the Head Sports Equipment manager
  - Deals with ordering new equipment
  - Issues sports equipment
  - Maintain current sports equipment

#### **AWARDS/CERTIFICATIONS:**

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- American Red Cross BLS and CPR certified
- Medcom/Trainex COVID-19
- Medcom/ Trainex Fire Safety
- Medcom/Trainex HIPPA Privacy Rule
- Medcom/Trainex HIPPA Security Rule
- Expected BOC exam May 2023

#### **VOLUNTEER:**

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- **Total of 112 Volunteer Hours** 2018 – 2022
- **Mexico/Arizona Alternative Break** Tuscon, AZ  
Volunteer March 2020
  - Worked with BorderLinks
- **Claire's Cupboard** Reading, PA  
Volunteer September 2019 – October 2019
  - Assisted in fundraising for the local food pantry at Alvernia University.
  - Recognized on the local news channel.
- **Rose Brucia Foundation** Holbrook, NY  
Volunteer Summers of 2014, 2015, 2016, 2017
  - Helped with a walk-a-thon and organized a children's fun run.
  - Assisted with the Annual Golf Outing.

#### **SKILLS:**

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- Proper technique for shoulder pads fitting and helmets fitting
- Efficient with online record keeping

#### **INTERESTS AND ACTIVITIES:**

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- NCAA Women's Volleyball player 2018 - 2022
- Outdoor activities (Beach volleyball, hiking etc.)
- Personal Fitness