

Grace Silva

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74 Redwood Ave

Wayne, NJ 07470

EDUCATION:

Master of Science **Alvernia University**, Reading, Pennsylvania
Athletic Training
Anticipated graduation date – May 2023
GPA – 3.74

Bachelor of Science **Alvernia University**, Reading, Pennsylvania
Healthcare Science
Anticipated graduation date – May 2023
GPA – 3.74

CLINICAL EXPERIENCE:

- | | | |
|--------------------|--|------------------------|
| Fall 2022 | Albright College | Reading, PA |
| | <ul style="list-style-type: none">• Worked under the supervision of Certified Athletic Trainers to provide care for football and soccer while also assisting rugby, field hockey, volleyball and lacrosse• Assisted team physician with evaluations during football games• Implemented microcurrent electrical stimulation in treatment plans• Learned how to individualize ankle taping techniques for soccer players• Created long term rehab plans for patients with chronic Medial Tibial Stress Syndrome and Achillies tendinopathies | |
| Spring 2022 | Governor Mifflin School District | Shillington, PA |
| | <ul style="list-style-type: none">• Worked under the supervision of Certified Athletic Trainers to provide care for middle school and high school student-athletes• Learned how to communicate with parents about injuries and treatment plans• Communicated injuries to the team physician and followed-up with patient progress | |

CLINICAL EXPERIENCE CONTINUED:

Fall 2021

St. Luke's - Alvernia University

Reading, PA

- Worked under the supervision of Certified Athletic Trainers to provide care primarily for field hockey while also assisting football, soccer, volleyball, and basketball
- Created rehabilitation plans for lateral ankle sprains, hamstring strains, and post-surgical ACL reconstructions
- Learned how to properly assess and implement concussion protocols for field hockey players
- Implemented instrument assisted soft tissue mobilization techniques into treatment plans
- Implemented cupping therapies into treatment plans

LEADERSHIP POSITIONS:

Athletic Training Student Association

President – August 2020 – Present

- Oversee all general and executive board meetings
- Put together programs for students that include taping, evaluation practice, mental health awareness, CPR/AED review and spine boarding review
- Liaison between Athletic Training students and staff
- Runs annual Blood Drive for National Athletic Training Month in March

Public Relations Officer – August 2019 – May 2020

- Designed and created social media platforms to help the club better engage with members
- Created and distributed flyers for National Athletic Training Month and other club programs

Outdoor Adventure Club

Treasurer – March 2019 – Present

- Oversee all monetary transactions within the club
- Creates and runs multiple fundraising events
- Creates, presents, and maintains annual budget
- Liaison between Student Government Association and club

LEADERSHIP POSITIONS CONTINUED:

Resident Assistant – April 2021 - Present

- Works with resident students in the areas of community development, programming, communication, mediation, and discipline/confrontation
- Facilitates the adjustment of new students by assisting with and participating in the New Student Orientation program
- Respond to incidents and/or disturbances within the residence halls between and among other residents, students, guests and/or visitors on campus

VOLUNTEER EXPERIENCES:

Trail Clean-Ups – Ongoing

- Organizes trail clean-ups at local parks and trails
- Contact person for event
- Design flyers and advertise clean-up to campus
- Clean up trash so that it does not affect the local ecosystem

Student-athlete Mental Health Advocacy Project - Spring 2020

- Researched mental health statistics and trends for current and former student-athletes
- Researched advocacy methods and support groups for student-athletes
- Advocated for student-athletes to have more accessible resources

Alternative Break Service Trip in Reading, PA – Summer 2019

- Made learning cards and packets for adults who are learning to read and write
- Made and served meals at homeless shelters
- Assisted teachers at homeless shelter day cares with children
- Packed bags of food and necessities at Helping Harvest
- Picked up trash at local park

OTHER EXPERIENCES:

- 5-year player, varsity soccer, NCAA D-III
- Attended the Eastern Athletic Training Association Conference in 2019
- Met and had a discussion with Paul Rushing, Athletic Trainer of the Philadelphia Union
- Campus Captain from 2020-2022 for the mental health advocacy nonprofit The Hidden Opponent

CERTIFICATIONS:

- American Red Cross First Aid Certification
- American Red Cross Cardio-Pulmonary Resuscitation Certification
- Member of National Athletic Training Association (107669)
- NPI number (1700502713)

RESEARCH IN PROGRESS:

The Effect of Exclusion and Misgendering on the Mental Health for Trans Persons in Sport

- The overall purpose of this research is to develop a background of information about a community that has historically been severely underrepresented in research.
- Post-graduation, I plan on continuing and furthering this research to help represent this community and to help guide other professionals on this topic.

PERSONAL INTERESTS:

- Mental health awareness
- Environmental sustainability
- Professional/college athletics

REFERENCES:

Christian Miles, MS, LAT, ATC
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