

Zxxxxx D. Bxxxx

4208 Nooooo Drive · Wexxxxxx, MD. 21157 · C (443) 000-0000 · zb42570@salisbury.edu

OBJECTIVE: To obtain an internship with Velocity Sports Performance in order to enhance my knowledge in the field of exercise science and sports medicine.

EDUCATION:

Candidate for Bachelor of Science Degree May 2009
Major: **Exercise Science**/ Minor: **Athletic Coaching**
Overall GPA: **3.5/4.0** Major GPA **4.0/4.0**
Seidel School of Education
Salisbury University, Salisbury, MD
(*Maintained full academic schedule while working 12 hours per week*)

RELATED EXPERIENCE:

Coach, South Carroll High School Athletic Camp Summers 2005-2007
Sykesville, MD

- Instructed 60-70 1st-9th grade athletes on proper athletic skills development
- Created interactive and participatory sessions to engage youth and help them understand correct and safe techniques and strategies
- Worked with head coach and other coaches in a team-related environment
- Monitored and evaluated drills and activities to ensure proper safety measures in place (technique, dehydration, foul play, etc.)

Volunteer, MD Sportscares and Rehab Summer 2007
Westminster, MD

- Assisted patients with daily exercises and activities
- Recorded and filed daily logs of patients activities
- Prepared patients for electrical stimulation treatments
- Applied ice, heat packs, and proper wrappings for patients

WORK EXPERIENCE:

Assistant Technician, Salisbury IT Department February 2007-Present
Salisbury, MD

- Utilized blueprints for proper wiring of classrooms and offices
- Assisted in making Salisbury university a wireless campus

Assistant Manager, DRD Pool Company Summers 2002-2007
Sykesville, MD

- Developed weekly schedules for lifeguards
- Acted as spokesperson and handled complaints/suggestions from patrons

ACTIVITIES/SKILLS:

Attendee, Competitive Edge Sports Speed Camp Summer 2004
Atlanta, Georgia

► Participated in speed and conditioning drills with college and professional athletes; Learned advanced drills and techniques from highly reputable trainers; Gained valuable experience and instruction in the field of sports performance

Able to conduct skin fold measurements and blood pressure readings