

J. Sample

38 Locust St. Lynn, MA 02720

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508.917.3444

Objective: To find a job where I can be a positive role model to young people.

Education

Norwich University, Northfield, VT, May 2012

Bachelor of Science in Physical Education, Minor: Coaching | **3.65/4.00 GPA**

Work History

Fall River Community Development and Recreation, Lynn, MA

Summer Olympics Coordinator, Summer 2009-2011

- Organized a summer Olympics program
- Managed a group of people and handled scheduling
- Contacted local businesses for donations

Norwich University Fitness Center, Northfield VT

Personal Training, Fall & Spring 2009-2012

- Held individual and group workouts for students, staff, and faculty

Work Out World, Lynn, MA

Sales Associate, Summer 2009

- Responsible for front desk and gave tours
- Completed all tasks and met all deadlines

Chamber of Commerce, Lynn, MA

Intern, Summer 2009

- Worked with local businesses
- Assisted with event planning and execution

Volunteerism and Sports

- Norwich University Football team, Rookie of the Year 2008
- Volunteered for the City of Lynn, MA
- Lynn Fitness Challenge
- Lynn Hero of Peace Award (2005)
- Lynn School District Annual Conference – Speaker

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Building self-efficacy and self-worth one student at a time

VALUE ADDED TO YOUR ORGANIZATION

- Positive and mature professional with outstanding communication skills who possesses the ability to empathize and see things from other people's perspective
- Firsthand experience of the economic, social and emotional challenges young people face in residential programs
- Use enthusiasm and mentorship to empower youth in the development of their social independence, health and wellness practices, drive, focus and self confidence
- Provide simple and practical activities to students of all socio-economic backgrounds and cultures
- Designed and implemented an co-ed afterschool football program for 10-15 students ages 6-16
- Certified to coach youth football, basketball and soccer

EXPERIENCE

Fall River Community Development and Recreation, Lynn, MA Summer 2009-2011

Summer Olympics Coordinator

- Organized and executed a six week summer Olympics program. Designed activities based on physical, cognitive, and social child development
- Managed over 80 people of various backgrounds and ages while simultaneously handling the scheduling for nine parks involved in the Summer Olympics program
- Reached out to local businesses throughout the community and raised \$2,000

Norwich University Fitness Center, Northfield VT Fall & Spring 2009-2012

Personal Training

- Held individual and group workouts; taught proper technique to improve cardiovascular and muscle endurance, resulting in higher self confidence and focus

Work Out World, Lynn, MA Summer 2009

Sales Associate

- Marketed facilities and services to potential customers; gave tours of the facilities Set and met all quotas for the week; averaged approximately 70 residential jobs per week
- Recognized as the most personable employee for the month of July; invited back for following summer

Chamber of Commerce, Lynn, MA Summer 2009

Intern

- Coordinated with local businesses and handled event logistics for **Fall River Celebrates America** and **Jump for Cancer**

EDUCATION

Norwich University: Northfield, VT

Bachelor of Science in Physical Education, Minor: Coaching

May 2012 | **3.65 GPA**

3 year starter on the Norwich University Football team, Empire 8 football conference Rookie of the year winner

COMMUNITY SERVICE & HONORS

- Possess 100+ hours of service to the City of Lynn, MA
- *Lynn Fitness Challenge* (Spring 2009) – Organized and executed the child fitness portion to a community based fitness program
- *Lynn Hero of Peace Award* (2005) – Awarded for community service activities
- Invited to speak at the *Lynn School District Annual Conference* on the impact teaching makes on youth today.