

NOVALEE NORTHWESTERN

XXX-XXX-XXXX

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City, ST

EDUCATION

Bachelor of Arts | Strength & Conditioning

Northwestern College | Orange City, IA

Expected graduation: May 2025

- **Coaching Endorsement**
- GPA: 3.7/4.0
- Dean's List: Fall 2023, Spring 2022, 2023 & 2024

CAMPUS LEADERSHIP & INVOLVEMENT

Northwestern College | Orange City, IA

Football Team Member

Aug 2021–Present

- Persevere with strong work ethic to meet personal and team goals
- Member of the 2022 NAIA National Championship team

FCA (Fellowship of Christian Athletes)

Huddle Leader | Athletics Department

Aug 2023–Present

- Lead a group of 12 football players in weekly Bible study
- Build strong relationships with huddle members

Baseball Team Member

Aug 2021–May 2023

- Utilized time management skills while balancing academic load, practicum experiences, and athletic commitments

Resident Assistant | Student Life

Aug 2022–Feb 2023

- Provided residents with support and guidance throughout the academic year
- Created a welcoming community by engaging with students on the wing

FIELD EXPERIENCE

Strength and Conditioning Internship

Jun–Jul 2024

Elon University | Elon, NC

[350 hours]

- Observed football, and men's and women's basketball teams
- Constructed a variety of workout programs, including modifications for injured athletes

Strength and Conditioning Internship

Aug 2024–Present

Northwestern College | Orange City, IA

[150 hours]

- Head the women's basketball strength program
- Communicate with head coaches regarding goals and needs
- Demonstrate movements, evaluate lifting form, and cultivate a positive weight room environment

Strength and Conditioning Practicum

Aug 2023–May 2024

Northwestern College | Orange City, IA

[100 hours]

- Developed, lead, and coached training for varsity football and women's basketball teams
- Facilitated training programs for athletic teams and created training programs for student-athletes
- Observed Northwestern College Athletic Performance staff

Strength and Conditioning Intern

May–Aug 2023

Spirit Lake High School | Spirit Lake, IA

[160 hours]

- Executed training programs for middle school and high school students
- Established relationships with athletes, enhancing training program specialization

RELEVANT COURSEWORK

Physiology of Exercise

Biomechanics

Introduction to Kinesiology

Anatomical Kinesiology

Prevention and Care of Athletic Injuries

Human Anatomy

Techniques of Resistance Training

Coaching Methods

ADDITIONAL WORK EXPERIENCE

Server

Feb 2023–Present

Four Brothers | Sioux Center, IA

- Greet customers in an enthusiastic and courteous manner
- Maintain calm demeanor in high-volume dining environment