

## Professional profile

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I am currently the Coordinator of Student-Athlete Wellness/Athletic Trainer at Carnegie Mellon University. Over the past 18 years I have progressively developed skills in leadership, strategic planning, and the development of educational programming to student-athletes across 5 universities. In addition, I obtained my Master’s Degree in Public Management from the Heinz School of Public Policy at Carnegie Mellon University. My focus on Organizational Leadership helped to augment my existing skillset and provide a catalyst to transition from a career in athletic training to higher education.

As the Coordinator of Student-Athlete Wellness, the most important initiative I have taken on is the Sports Medicine Assessment of Risk Tendencies (SMART). My vision for the program was to *prevent, recognize, refer* and *respond* to any health-related issues that may impact the student-athlete population to allow for better health and performance on and off the field of play. In this role I have taken the program and made it into a successful proactive, cutting-edge institution which provides student-athletes with the services they need to remain healthy and educated about their well-being. I am passionate about educating students, athletes, and coaches in this area.

## Career summary

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**August 2019-Present**                      **Chatham University, Pittsburgh PA**  
**Adjunct Professor**

Teaching the Wellness course which full fills a wellness course requirement for all students at Chatham University.

- This course is designed to optimize students' wellness. The various dimensions of wellness will be explored and various field trips will be taken over the course of the semester. The dimensions of wellness that will be covered in this course include: Physical, Emotional, Social, Spiritual, and Environmental. This course will provide opportunities to support students' desires to lead a healthy lifestyle. Wellness opportunity resources will be provided to improve overall health. In addition, students will complete self-assessments and document their individual progress within each of the dimensions of wellness stated.

Teaching Introduction to Professional Practice for Athletic Training Majors.

- This course will introduce athletic training students to various aspects of professional practice as it relates to athletic training including historical aspects of the profession, ethics, documentation, and collaboration with other healthcare professions to optimize patient outcomes.

Teaching Kinesiology Lab which is required for all health science students.

- This lab is writing intensive and works in concert with the EXS 345 course to provide students with experience analyzing human movement and the internal and external forces that effect such movement. Lab will also include activities related to skill acquisition, performance, and biomechanical analysis of functional motor pattern

**August 2012– Present**                      **Carnegie Mellon University, Pittsburgh PA**  
**Coordinator of Student-Athlete Wellness/Athletic Trainer**

In addition to the tradition role of an athletic trainer, responsibilities included overseeing the SMART program which provides education, recognition, and referral for student-athletes in the areas of nutrition, substance abuse, mental health, and sexual misconduct. Developing a peer to peer advocacy program that allows the varsity athletic community an additional layer of support and resources. Ensuring that athletic training students are properly mentored by bridging the gap between classroom education to practical application in the field.

- All aspects of student athlete health care and administration for women's volleyball, men's and women's cross country and women's basketball teams. Also worked with women's soccer 2012-2014.
- Administrative responsibilities included but not limited to maintaining current athlete medical records on Healthathlete software, insurance claims, scheduling student athletic trainers and maintaining inventory
- Coordinator of the SMART (Sports Medicine Assessment of Risk Tendencies) Program
- Advisor of the Plaidvocates (Peer Health and Wellness Advocates)
- Administrator for the Cheerleaders
- Coordinator of Athlete Medical Billing
- ByStander Intervention Step UP! program facilitator
- One Love "Escalation" program facilitator
- Wellness Collaboration Committee
- Preceptor for the University of Pittsburgh and Duquesne University
- JED Suicide Prevention Committee
- Eating Disorder Advisory Committee
- Contact Tracer during the Covid-19 Pandemic for the University

**August 2009-May 2012                      University of San Francisco, San Francisco CA  
Athletic Trainer**

Providing prevention, evaluation, and rehabilitation care for student athletes. Developing a comprehensive program for disorder eating by collaborating with medical professionals in the San Francisco area.

- All aspects of student athlete health care and administration for all men's and women's cross country, women's basketball and baseball.
- Administrative responsibilities included but not limited to budget, ordering supplies, maintaining current athlete medical records, insurance claims, assisting in pre-participation physicals
- Coordinator of Disorder Eating Program
- Approved Clinical Instructor for San Jose State University

**July 2007-June 2009                      Keystone College, La Plume PA  
Head Athletic Trainer**

Establishing policies and protocols for the athletic training room to ensure proper medical care for the student athlete population. Addressing a substance abuse problem within the athletic community by collaborating with health services and counselling center and developing a drug testing program.

- All aspects of student athlete health care and administration for all 16 varsity sports and 2 club teams
- Administrative responsibilities included but not limited to budget, ordering supplies, maintaining current athlete medical records, insurance claims, assisting in pre-participation physicals
- Approved Clinical Instructor for Marywood University
- Fitness Center Coordinator
- Drug Testing Coordinator

**August 2008-December 2008            Marywood University, Scranton PA  
Adjunct Instructor**

Instructed athletic training and health and physical education majors Prevention and Care of Athletic Injuries.

**September 2005-June 2006            SOAR Sports Medicine, Redwood City CA  
Orthopedic Technician Assistant**

**August 2006-May 2007                    Stanford University, Palo Alto CA  
Athletic Trainer Intern**

August 2005-May 2006	Santa Clara University, Santa Clara CA Athletic Trainer Intern
August 2005-May 2006	San Jose State University, San Jose CA Instructor
August 2004-May 2005	MORE Physical Therapy Inc, Santa Clara CA Physical Therapy Aide
September 2004-July 2005	OPTM Sports Therapy Clinic, Los Gatos CA Physical Therapy Aide
August 2003-June 2005	Leland High School, San Jose CA Head Athletic Trainer

## Education

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Carnegie Mellon University-Heinz College <i>Pittsburgh PA</i>	2017
Masters of Public Management	
San Jose State University <i>San Jose CA</i>	2005
Masters of Art Kinesiology	
University of Pittsburgh <i>Pittsburgh PA</i>	2003
Bachelors of Science in Rehabilitation Sciences	
<ul style="list-style-type: none"> <li>• Emphasis in Athletic Training</li> </ul>	

## Professional qualifications

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➤ <b>Member of the NATA, PATS, and MOAA</b>	Current
➤ <b>Professional Rescuer CPR/AED certified</b>	Current
➤ <b>AT Cares representative</b>	Current
➤ <b>Trained in Assisting Individuals in Crisis</b>	June 2018
➤ <b>Participated in NCAA Division III Institute for Administrative Advancement</b>	May 2016
➤ <b>Trained in ByStander Intervention Step UP! Program</b>	May 2016
➤ <b>Trained in One Love "Escalation" Dating Violence program</b>	May 2015

## Professional Conferences, Workshops and Lectures

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➤ <b>College Athletic Trainer's Symposium-Speaker</b>		
○ "Assessing Risk Tendencies in Athletics"	Las Vegas, NV	July 2021
➤ <b>Eating Disorders in Sport Conference-Speaker</b>		
○ "Assessing Risk Tendencies in Athletics"	Berkeley, CA	July 2019
➤ <b>ByStander Intervention-Step UP! Program</b>	Carnegie Mellon University	Annually
➤ <b>One Love "Escalation" Dating Violence Program</b>	Carnegie Mellon University	Annually
➤ <b>How to establish a SMART program within Athletics</b>	University of Pittsburgh	Annually
➤ <b>Prevention and Care of Injuries</b>	Marywood University	Fall 2008
➤ <b>Therapeutic Modalities and Lab</b>	San Jose State University	Spring 2006
➤ <b>Lower Extremity Lab</b>	San Jose State University	Fall 2005

## References available on request

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