

## Volleyball Queen

185 Soccerdome Cres. NW • Calgary, AB T2K 4G7  
403-555-5555  
volleyballqueen@ucalgary.ca

### EDUCATION

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#### **Bachelor of Science, Kinesiology**

**Year-Present**

University of Calgary

- Special Recognition Award-Special Olympics, April Year

#### **Human Kinetics Program Year**

College of the Rockies, Cranbrook B.C.

- Provincial Achievement Award, June Year
- Community Service Award, July 1, Year
- Recognition for outstanding work habits and honour roll, Year

### PERSONAL STRENGTHS

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- Patient: work effectively with special needs athletes
- Initiative: take on new tasks and look for ways to improve the results
- Interpersonal: outgoing and skilled at dealing with the public of all ages; maintain a professional and approachable image
- Technically skilled: work experience in recreation and child development venues
- Customer service: complimented by supervisors for developing strong relationships with swimming lesson participants and patrons of the swimming pools

### CERTIFICATION AND SPECIAL TRAINING

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#### **Canadian Red Cross**

- Baby-sitter Instructor, Year
- Water Safety Instructor Trainer, Year; Water Safety Instructor, Year
- Aqua Leaders Instructor, Year

#### **Royal Lifesaving Society**

- Lifesaving CPR Instructor, Year; Royal Lifesaving Instructor, Year
- National Lifeguard Service (Pool and Water Park option), Year/Year
- Royal Lifesaving Bronze Cross, Year
- Lifesaving CPR 'C' Ticket, Year

St. John Ambulance Automated External Defibrillator (AED), Year

National Coaching Certification, Level 1, Year

Canadian Fitness Education Services (CFES) Fitness Theory Certificate, Year

Pool Operators Level 1; British Columbia Recreation and Parks Association (BCRPA), Year

Arthritis Society Water Works Certificate, Year

### RELEVANT EXPERIENCE

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#### **Lifeguard/Instructor**

Vocational Rehabilitation and Research Institute

**Year-Present**

- Instruct fitness classes and swimming lessons for all ages
- Instruct private lessons for special needs children
- Assist those with special needs in moving in and out of the pool and through the water for therapy purposes

University of Calgary, revised 2010, <http://www.ucalgary.ca>, viewed 9 December, 2011.

- Perform general maintenance

**Beach Volleyball Coordinator**

Calgary Sport and Social Club

**Year-Present**

- Set-up and take down volleyball nets five nights a week for league play
- Monitor that teams arrive on time and are playing according to the schedule
- Roto-til the sand regularly to ensure that it is in excellent condition for players
- Report scores, give announcements and clarify rules throughout the matches

**Lifeguard/Instructor**

Max Bell Aquatic Center, University of Lethbridge

**Year-Year**

- Instructed Advanced Aquatics including Bronze Medallion, Bronze Cross, Aqualeaders, and Water Safety Instructor
- Taught private lessons for children ages 3-15, of various abilities; led adult lessons for all ages and skill levels
- Frequently acted as senior lifeguard for evening and morning shifts
- General maintenance and up-keep, including water tests
- Ensured the safety and enjoyment of all patrons

**Assistant Swim Coach, Special Olympics Volunteer**

Special Olympics of Lethbridge

**Year-Year**

- Aided in training special needs athletes for swim meets; taught new swimming techniques
- Ensured constant safety supervision and resolved with problems accordingly
- Assistant Coach to athletes of various ages and abilities

**Summer Playground Leader**

City of Cranbrook

**Summers, Year, Year**

- Maintained a safe and exciting developmental environment for children ages 3-12
- Implemented games and crafts throughout the day and lead some children on field trips around town
- Reported to a supervisor with a daily report of the day plan, successes and challenges

**Referee and Coach Volunteer Position**

JR. Grizzlies Basketball Program

**Year, Year**

- Refereed the program for the first year
- Coached and refereed the program for the next two years; program participants, 9-12 years old

**INTERESTS**

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- Vehicles: subscribe to "Road and Track" magazine; assisted in the restoration of a 1980 Firebird
- Politics: assist in political campaigns and debate topics as part of the university's Conversation Club
- Jazz music: avid listener since year, member of the school jazz band for two years