

Education

Bachelor of Arts	Eastern Washington University, Cheney WA Outdoor Recreation, August 2018
Bachelor of Science	Sul Ross State University, Alpine TX Health in Kinesiology, January 2019
Master of Science	Sul Ross State University, Alpine TX Health and Human Performance, Projected graduation May 2022
TExES PE EC-12	Sul Ross State University, Alpine TX Physical Education Teaching Certificate, December 2019

Work History

Lecturer in Kinesiology. Sul Ross State University KINE Dept, Alpine, TX 2022-Present

Applying my experience in the department I earned my Masters in at Sul Ross State University, I have brought a unique, very hands on approach in various ways to the classes I have been a lecturer for. With the intention of integrating as much applied learning inside and outside the classroom giving students the best possible chance to be successful. Courses taught/teaching include: KINE 3376 River Recreation, KINE 1136 Outdoor Activities, KINE2303 Nutrition, KINE 3332 Health and Aging, KINE 2370 Intro to Leisure and Recreation, KINE 1135 Group Fitness, KINE1134 Disc Sports, KINE 3312 Foundations of Adapted PE and Sports, KINE 3378 Mountain Recreation and Safety, KINE 2314 Skills and Techniques for Individual and Team Sports, KINE 3370 Recreation Admin, KINE2302 Outdoor Recreation and Leisure Services and KINE 1306 First Aid.

Graduate Assistant/acting instructor, Sul Ross State University KINE Dept. Alpine, TX 2021-22022

Bringing my skillsets and experiences as an outdoor recreation and fitness professional and Navy-trained Rescue Swimmer, I have been able to provide applicable and experience-based instruction to the students of Sul Ross. The courses include: KINE 2304 Individual and Team

Sports, KINE 1155 Group Fitness, KINE 2330 Leisure and Outdoor Recreation, KINE 3321 Sports and Recreation Administration, and assisting with KINE 4301 Tests and Measurements, KINE 2303 Activities for Children. Along with these courses, I run the physical training for the campus Criminal Justice cadets, providing applicable and real-life based fitness and scenarios to enhance their law enforcement readiness.

Personal Trainer, Fortitude by Mary Powers LLC. Alpine TX, 2019-present

After becoming a Certified Personal Trainer, I began my own personal training business to bring health opportunities to Alpine that provide quality training to improve client functionality and overall physical health. I have been able to bring this training and experience with me in other realms of health and wellness. I have aided both clients and non-clients in mindset adjustments to help achieve goals. In doing so, I've developed an even stronger passion for my high standards of training and coaching.

Naval Aircrewman/Search and Rescue Swimmer, U.S. Navy, January 2012-November 2015

The extremely arduous levels of training I received during my time as a Navy Rescue Swimmer have permanently set the standard for my approach to any teaching, coaching or training environment I have found myself in since. These trainings inculcated some of the highest levels of fitness available in all capacities, both mental and physical, to include: stress management, emergency action and risk management plans, professional development, formal presentations and briefings, equipment inspection and management, and staying current with a multitude of certificates ranging from secret security clearance to suicide awareness and prevention. My experience as Rescue Swimmer resounds often and loudly with me as I have carried these irreplaceable experiences with me. I continue to draw knowledge and inspiration from those experiences in my efforts to offer these valuable practices to those that I now teach, coach, or train.

Logistical Operations Manager, American Alpine Institute (AAI), Bellingham WA, April 2011-September 2011

For the Mt. McKinley season with AAI, I was based in Alaska and prepped for the guided groups of clients who were set to attempt to summit the mountain over the course of a three-week climb. This planning and prep work included coordinating with client pickups and drop-offs from the Anchorage airport (2 hours from headquarters), lodging and food arrangements, meal prep for the entirety of each of the groups who were attempting to summit. These meal prepping arrangements required a high level of attention to detail, forward thinking, and precision. The job entailed continuous inventory and restocking of food supplies, as well as

planning for and packing enough to cover the duration of three-week expeditions for more than 15 groups, each of which ranged from 8 to 15 clients and guides.

Sled Dog management and assistant trainer, Talkeetna Sundog Kennel, Talkeetna AK, April 2011-September 2011

During my season as the logistical operation manager for American Alpine Institute, I was also immersed in the cultural work of managing off-season, Iditarod-trained sled dogs and tour groups. This work was not only physically demanding; it required the highest expectation level of flawless customer service. Diligent attention to safety procedures and equipment inspection were integral to the success of each tour group, and safety of the clients and dog teams.

Customer Service Representative, People to People, Airway Heights WA, September 2009-December 2010

As a customer service representative, I found myself in a personally unique position to develop my customer service relations and skills. Working primarily with high-school-age students by way of electronic or phone communication, I provided information and inquiry assistance pertaining to domestic and international educational trips programming hosted by People to People. This coordination ranged from assisting students and their families with fitting the right trip for their student's goals in a plan that would best fit their budget, to pursuing continuous follow-up with each student and their family prior to their trips, to regular contact and monitoring during their trips, to after-trip evaluations of their experiences.

Raft Guide/Climbing Instructor/Mountain biking Instructor, Fort Carson CO, Moral Welfare and Recreation (MWR), April 2009-August 2009

Working primarily as a raft guide, but readily available, trained and certified to lead or instruct in all of the MWR programs, I was responsible for safely taking groups down a 9-mile stretch of river that ranged in difficulty and risk from Class I (low risk) to Class V (high risk) rapids five days a week for military families. This was an especially physical job that required expert maneuvering, fast thinking, with safety procedure training, briefing and execution for clients across a broad spectrum of ages and abilities. I excelled in providing safe and enjoyable experiences, coordinating logistics daily for equipment, personnel, and transportation to and from the put-in for each trip. Along with this, I provided a variety of other challenging recreation experiences such as a rock climbing and mountain biking instruction for youth ages 8-13, in the form of week-long day camps.

Climbing Instructor/Backpacking-Backcountry guide, Eastern Washington University, Cheney WA, May 2008-April 2010

I coordinated, supported, instructed, and guided multiple recreational trips provided by the University's Outdoor Recreation Program, EPIC. A majority of the trips planned and courses taught were student-led. I guided a range of trips from three-day backpacking outings into the back-country, to week-long ice climbing trips in Canada, to day-long trips rock climbing and instructing at local outdoor climbing locations. These trips required extensive planning, and logistical management, as well as preparing and inspecting proper and safe equipment for each trip. Some logistics involved the planning around international and domestic travel through multiple states to arrive at the desired location. I was a student manager for the climbing wall and all of the employee schedules, and instructed climbing classes for the indoor climbing wall.

**Lifeguard & Pool manager/Swimming Instructor/Swim Team coach, Washtucna Pool,
Washtucna WA, Summers 2001-2008**

I assessed and instructed learners aging 6-months to 18-years-old in swimming technique and skills for basic water safety and survival, as well as competitive-level swimming. I ensured the safety and cleanliness of the pool and the surrounding facilities. I managed scheduling for all employees, attended board meetings as a representative of the pool staff, and I organized various pool functions and activities throughout the duration of every summer.

Professional Accomplishments

Sul Ross Kinesiology Health and Wellness Fair, Fall 2020

- Recognized a need for a campus-wide health and wellness fair and initiative.
- Planned a month's worth of health and wellness seminars and workshops on nutrition, stress management, physical health and fitness, and Sul Ross campus resources for health and wellness.
- Networked with local health and wellness professionals to include registered dietician, campus counselor, Sul Ross Blue Cross Blue Shield and HR representative, and presented multiple workshops myself as a health and wellness professional.
- Followed-up with each presenter to keep lines of networking and contact open for future collaborations.

Presenter at the Sul Ross Research Symposium

- Researched, submitted and presented at the Sul Ross Research Symposium on the topic of being a “Change Agent” in the education system.

Guest Lecturer

- Guest Lectured for: PE 4301 Tests and measurements, PE 2303 Activities for Children, KES 2320 Adapted PE, and KES 3318 Mountain Recreation and Safety.

Certificates/Qualifications

Certified Personal Trainer (CPT) through National Academy of Sports Medicine (NASM) -
expires Jan 2022, will be renewed Dec. 2021

Certified Group Personal (GPT) through National Academy of Sports Medicine (NASM)-
expires Jan 2022, will be renewed Dec. 2021

Speed Agility and Quickness (SAQ) trainer through National Academy of Sports Medicine (NASM)- expires Jan 2022, will be renewed Dec. 2021

CPR/AED First Aid Certified through American Heart Association- expires Jan 2022, will be renewed Dec. 2021

TEXS PE EC-12 Teaching Certificate- expires Jan 2022, will be renewed.

Previous experience as a certified climbing instructor, life guard, swimming instructor, challenge course certified (CCC) high and low elements, and raft guide certified.