

# Jolly Roger

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## Education:

### **East Carolina University**

*Bachelor of Science in Exercise Physiology*

**Honors:** Scholar Athlete, Honor Roll, Dean's List, National Society of Collegiate Scholars

Greenville, NC

May 2016

GPA: 3.6

## Relevant Experience:

### **Orthopaedics East (50 hours)**

*Physical Therapy Summer Intern*

Greenville, NC

May 2015 - July 2015

- Assisted clients of all ages in an orthopaedic setting
- Helped to improve client's daily life post injury or surgery by improving strength, range of motion, and the concept of reconditioning
- Gained knowledge in manual therapy, strength training, heat treatment, ultrasound, health education and fall prevention
- Assisted in tracking progress or declines overtime to more readily identify their needs
- Promoted continued exercise and maintenance of overall health and fitness levels

### **Project Walk Greenville**

*Trainer Assistant Intern*

Greenville, NC

May 2014 - July 2014

- Assisted clients with spinal cord injuries and total brain injuries ranging from ages 9 to 75
- Created daily workout regimens specific to each client
- Helped to improve clients' daily life by regaining function in their muscles and joints
- Provided support, hope and motivation for each and every client
- Use of state of the art, specialized exercise-based recovery programs.

## Research:

### **Empowering Women in Marathons: Negotiating Constraints and Motivation**

*Research Assistant*

Greenville, NC

September 2015 - Present

- Assist in recruiting and locating participants for this study
- Conduct research on background literature regarding gender equality in relation to marathons
- Determine what factors motivate women to enter the sport and what factors exist as barriers and how these factors relate to empowerment
- Create Qualtrics Surveys to help data collection
- Collect, enter, and clean both quantitative and qualitative data

## Varsity Athletics:

### **East Carolina University Athletics**

*NCAA Division I Women's Swimming/Diving*

Greenville, NC

August 2012 - Present

- Four time letter winner, earning an athletic scholarship after walking on my freshman year
- Gained leadership and team-building experience as the Team Captain
- Assisted teammates to set and achieve individual and team goals
- Learned time-management and organizational skills when helping to plan all community service activities for the team
- Provided positive, motivational support for teammates during practices and games

- Ability to manage 40+ hours a week of volleyball practices, weights, games, travel, meetings and a full-time class schedule

**East Carolina Juniors Swimming/Diving Club**

Greenville, NC

*Head Coach*

October 2013 - Present

- Developed teamwork, leadership, and coaching skills
- Assist in risk management, organization, and interaction with athletes and parents
- Create daily practice plans

**East Carolina University Swimming/Diving Camp**

Greenville, NC

*Assistant Coach*

Summer 2013, 2014

- Developed and implemented age appropriate curriculum for youth ranging in ages 10 to 18
- Created and supervised drills based upon the strengths, weaknesses and capabilities of participants
- Organized a multitude of position specific drills
- Used motivation techniques to encourage players

**Leadership:**

**East Carolina University Student-Athlete Advisory Committee (SAAC)**

Greenville, NC

*Vice President*

August 2013 - Present

- Liaison between East Carolina Athletics and the Swimming/Diving team serving as the voice of student-athletes on campus
- One of two team representatives elected by my peers
- Facilitates community service events for the Swimming/Diving team
- Ability to come together with other student-athletes and discuss common goals

**American Athletic Conference Student-Athlete Advisory Committee**

Greenville, NC

*East Carolina University Representative*

August 2014 - Present

- Liaison between American Athletic Conference SAAC and East Carolina University SAAC
- One of two student-athletes from East Carolina University elected by the Athletic Director
- Voice of ECU SAAC when passing NCAA and Conference legislation
- Participate in monthly conference calls to improve communication with eleven member institutions, provide feedback regarding NCAA and Conference legislation, and promote student-athlete well being

**Certifications and Training:**

- CPR Certification
- HIPAA Training

**Technical Skills:**

- Microsoft Office Suite
- Google Drive
- Refworks
- Social Media outlets