

Washington County Special Olympics Basketball

Washington County Special Olympics Basketball has been an activity that I have been actively involved with since my sophomore year of high school. I started off just taking my brother Austin to practices to now where I announce the starting lineups for some games and help organize practices. These athletes are some of the most hard-working people I know and it is always a thrill to see these athletes succeed and achieve their goals. What I've learned from a lot of these athletes experiences is that this team serves as an outlet to sometimes a rather gloomy home life where they aren't able to get out as much. It's been our goal to try and create a fun atmosphere that takes away that stress and allows them to express themselves positively while creating lifelong friendships.

Washington County Polar Plunge

I have participated in two polar plunges for Washington County Special Olympics raising over \$300 between the two years. I have helped recruit over 30 individuals to also participate in this event as well as constant advertising when that time of the year comes around. It is always a treat to see the community rally around fundraising events such as this.

Men's Soccer

I am a four-year varsity member of the Franklin College Men's Soccer Team. During these four years this team has been a huge aspect of my life. It has humbled me and taught me many life lessons. It has also allowed me to travel to places and meet people I would have never met without soccer. My senior year I was named HCAC All-Conference Honorable Mention and had a breakout year where I was the second leading scorer on the team. This sport has been apart of my life since I was three years old and I wouldn't have wanted to end my career anywhere else but Franklin College.

Men's Football

I was a one-year varsity member of the Franklin College Men's Football Team. This small portion of college, allowed me to comfortably fit in while meeting some of my best friends. It gave me the opportunity of being coached under Franklin legend coach Mike Leonard. While being one of the most charismatic coaches I have ever had, he presented himself like a father figure of the team. He knew every player by name, location and position and could remember almost every detail about them. This was a perfect way to start my Franklin career and I often find myself reflecting on this portion of my life.

Internship at Athletico Physical Therapy in Franklin

I began interning at Athletico Physical Therapy in Franklin last year in the spring and am still currently interning here. I have been able to see how a clinic is ran and have learned many tips and tricks when it comes to treating patients. The most important takeaway I can make from this experience is that knowledge will come over time, so don't try to stress yourself and master everything at once. One thing you can do every single day is try to learn, and make you patients feel welcomed and motivated.

Job Shadowing Athletic Trainer at Salem High School

During my sophomore year at Franklin College I was still sort of unsure as to what path I wanted to take with my career. I was at a toss up between Athletic Training and some type of Physical Therapy. I landed a small job shadowing opportunity at Salem High School to sort of get a better feel as to what an athletic trainer does on a day to day basis. This opportunity informed me on the role that an athletic trainer can play for a high school as well as what there schedule and demand looks like.

Volunteer Instructor Anytime Fitness in Salem

When student's were initially sent home, it left a lot of individuals astray at home figuring out what kind of workouts they were able to do. Once the gyms opened back up, I started a membership at my local Anytime Fitness. I found myself in the gym almost every night trying to better myself. I then ended up volunteering every other week for participating as a demonstrator for a workout that was lead by a certified personal trainer. I was in charge of demonstrating the exercises that were to be performed and to be able to understand things such as cues during the lift. This allowed me to further my communication skills while learning how to construct exercise programs and how to perform individual exercises.