

# Tracy Trainer

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513 Court Street  
Ames, Iowa 50010

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## EDUCATION

### Iowa State University

*Bachelor of Science: Athletic Training*  
GPA: 3.32/4.00

Ames, Iowa  
May 20XX

## CERTIFICATIONS/SKILLS

- CPR/AED Professional Rescuer Certification
- American Red Cross Instructor Certification
- Projected BOC Certification, Anticipated 20XX
- Projected CSCS Certification, Anticipated 20XX
- Knowledge and experience with Hydrowork, laser, BodPod, Biodex, MRS, Impact Testing, Hivamat, Norma Tec, deep tissue massage, and multiple other current modalities
- SIMS Injury Tracking Software

## CLINICAL EXPERIENCE

### Iowa State University (Division 1)

Women's Gymnastics, Tennis, Golf, and Track and Field  
DI Football

Women's Swimming and Diving

- Worked autonomously with team during pre-season and in-season preparations, travel, and report to coaches establishing injury rehabilitation protocols
- Assisted with the supervision of the pre-athletic training students
- Provided pre and post practice treatments

Ames, Iowa  
August 20XX – May 20XX  
August 20XX – May 20XX  
August – December 20XX

### Drake University (Division 1)

Women's Crew, Men's Soccer, Men's and Women's Basketball  
DI-AA Football

- Aided with the immediate medical treatment and care of student athletes during the spring training season
- Consulted with athletes and answered questions about injuries and rehabilitation plans
- Applied various taping techniques and therapeutic modalities under the guidance of the head athletic trainer
- Assisted with filing paperwork for proper medical documentation

Des Moines, Iowa  
January – May 20XX  
January – May 20XX

## LEADERSHIP DEVELOPMENT AND ACTIVITIES

### ISU College of Human Sciences Council, Picnic Co-Chair

- Planned and executed a college-wide welcome back event serving 900+ people
- Graduating Student of the Year Award Committee, Co-Chair, Spring 2013

Fall 20XX – Present

### Dallas County Fair, Entertainment Coordinator

- Managed contracts for pyrotechnic show, BMX riders, and two carnivals
- Managed a \$55,000 budget for events

Summer 20XX

### Fellowship of Athletic Training, Club Officer

- Organized and conducted bi-weekly meetings for 25 members
- Led fundraising efforts and students attending professional development meetings

## VOLUNTEER EXPERIENCE

People to People Career Fair, Promotions Coordinator

Special Olympics National Games, Volunteer

Iowa High School Wrestling Championships

Drake Relays

Cyclone Football and Track Camps

Fall 20XX

Summer 20XX

Spring 20XX

Spring 20XX

Summer 20XX