

ALLEN A. ATHLETE

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EDUCATION	Clemson University, Clemson, SC Bachelor of Science in Sociology Minor in Athletic Leadership <i>NCAA Division I Athletic Scholarship - Football</i>	May 2016 GPA: 3.01/4.00
LEADERSHIP AND WORK EXPERIENCE	Clemson University Varsity Football Team <i>NCAA Division I Student-Athlete - Captain</i> <ul style="list-style-type: none">• Manage a full-time student course load with 40 hours per week training, play-review, and competition• Serve as a leader for Clemson University and the surrounding upstate South Carolina community• Participate in philanthropy events on behalf of the University and Athletic Department Clemson University Student-Athlete Advisory Committee (SAAC) <i>Football Team Representative</i> <ul style="list-style-type: none">• Attend weekly committee meetings, representing the women's soccer team honestly and fairly• Advocate for concerns and interests of student-athletes at Clemson• Serve as a leader in implementation of problem-solving concerns voted on by the board each year Daniel High School Summer Football Coach <i>Volunteer Assistant Coach</i> <ul style="list-style-type: none">• Led practices for team of 50 men, teaching plays and organizing game playbooks for each player• Facilitated coaches, parents, and player meetings	August 2013 – Present May 2012 – Present May 2012 – December 2012
COMMUNITY INVOLVEMENT	Clemson University Athletic Department Youth Day, <i>Volunteer</i> Clemson University Athletic Department Boy Scout Day, <i>Volunteer</i> Habitat for Humanity, <i>Volunteer</i> Clemson Elementary Pep Rally, <i>Volunteer</i> Clemson University Athletic Department Boy Scout Day, <i>Volunteer</i>	March 2014 February 2014 November 2013 November 2013 March 2013
HONORS	Atlantic Coast Conference Academic Honor Roll Clemson University, Athletic Director Honor Roll Atlantic Coast Conference All Conference Team Dean's List, College of Business and Behavioral Sciences	January 2013 – Present January 2013 – Present August 2013 – December 2013 January 2013 – May 2013 August 2013 – December 2013
SUMMARY OF SKILLS	Advanced interpersonal and team-orientated skills Outstanding leadership skills Strong oral and written communication Experienced in Adobe Photoshop, Adobe Illustrator, Adobe InDesign Proficient with Microsoft Excel, Word, PowerPoint and Outlook	
RELEVANT COURSEWORK	Principles of Coaching Basics of Coaching: Exercise Physiology Basics of Coaching: Kinesiology Theory of Prevention and Treatment of Athletic Injuries Administration and Organization of Athletic Programs Psychology of Coaching	Coaching Strength and Conditioning Coaching Football I Introduction to Leadership Urban Sociology Social Science of Entrepreneurship Sociology of Education

H:\Everyone\Handouts\Student-Athlete Resume

TRANSFERABLE SKILLS

In addition to the skills you've gained as an athlete, you have also gained many valuable skills and knowledge from your **education, community service, and athletic experience**. These skills will help you market yourself well in your professional interactions.

Leadership: Everyone on the team takes a leadership role at some point; teams demand that each person recognizes his or her own skills and lead the group when it is appropriate. Being a team member demands that you encourage others' strengths

Coachable and willing to learn: You improve and make adjustments to your performance based on feedback

Goal-orientated: You know yourself and you're able to push yourself and the people around you to excel

Self-motivated: You monitor your training and behavior in the off-season to ensure high-level performance in season

Analytical/Strategic: Watching tape, analyzing your performance and determine next best course of action

Time management: You communicate with your teammates during practice or games, when talking to coaches about a problem, when speaking with a referee/official, and when addressing a game or class conflict with a professor

Detail-oriented: Pick up on small cues; understand how little things you do in life affect performance in your sport

Understanding the value of teamwork

Competitive nature (good for careers in business and sales)

Understanding the importance of preparation

Seeks and loves a challenge

Strong Character

Accountable

Handling pressure well

Great sense of discipline

Strong work ethic/ willing to make sacrifices

Mentally tough

Confident

Discipline

NETWORKING

How to introduce yourself: *Hi, my name is _____ and I am a _____ major at Clemson University. For the past _____ years I've balanced my schedule as a student-athlete on Clemson's _____ team. I've been able to strengthen my _____, _____, and _____ skills through community involvement, classroom achievement, and by serving as a leader on Clemson's campus. After school my short-term goal is to _____. But eventually, down the road, my ultimate goal is to _____.*

Possible Questions to Ask a Potential Employer or Clemson Student-Athlete Alumni:

- How long have you been in this line of work?
- What do you like about your job and what do you dislike?
- Describe your typical work day.
- Have you hired athletes for internships (after they graduate) or full-time positions?
- What skills and attributes do you think athletes have? How would I go about highlighting those skills to a potential employer?
- May I follow up with you at a later time?