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Office:

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Educational Background:

Masters of Science: Azusa Pacific University / Azusa, CA

Masters of Science in Physical Education/Strength and Conditioning Capstone: The Effects of Squatting Using Accommodating Resistance on

Vertical Jump Performance in Collegiate Soccer Players

Conferred: 2004

Bachelor of Arts: Point Loma Nazarene University / San Diego, CA

Bachelor of Arts in Physical Education Teaching/Coaching

Conferred: 2000

High School: Marana High School / Marana, AZ

1995

Professional Experience:

Point Loma Nazarene University 2005-present – Full time Instructor of Kinesiology, Assistant

Women's Track and Field Coach, Strength and

Conditioning Coach

Point Loma Nazarene University 2000-2005 - Adjunct Instructor of Kinesiology, Men's and

Woman's Assistant Track and Field Coach

Professional Qualifications:

2002 National Strength and Conditioning Association (NSCA) Certified

Strength and Conditioning Specialist (CSCS)

2009 United States of America Track & Field (USATF) Level 1

Certification

Professional Organizations: NSCA

USATF