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ATHLETIC TRAINING EXPERIENCE

Jacob's Pillow Dance Festival, Becket, MA, 3/2021- 9/2024

- Covid Compliance Officer and Health Care Coordinator for the School at Jacob's Pillow summer programs and Jacob's Pillow 2021-2024 Dance Festivals.
- Coordinated and implemented Covid-19 testing, and contact tracing, managed personnel health checks, and co-coordinated and updated Covid-19 policies and procedures with local health officials and consultants.
- Coordinated healthcare, whole person wellness programming, and emergency services for The School at Jacob's Pillow dancers, festival performing artists, faculty, staff, and interns.
- Coordinated emergency response system action planning for the JP campus.
- Coordinated and led the on-site interdisciplinary healthcare contracts and referrals including HSS physical therapy, massage therapy, mental health clinician, Becket EMS, treatments in addition to athletic training staff.
- Leader of the on-campus health office providing first aid, emergency response, mental health first aid, injury assessment, injury prevention and maintenance and referral of care to local urgent care and/or ER.
- Implemented local partnership with Jacob's Pillow and BHS hospital to establish continuity and access of care with Jacob's Pillow community and local healthcare providers.
- Administrative duties included healthcare team leadership, emergency action planning, injury prevention, health, and wellness education, and budgeting for health office supplies and wellness services.

Neurosport Physical Therapy, New York, NY, 2/2024 – 5/2024

- Independent contractor full-time Athletic Trainer for the Broadway production of Sweeney Todd: The Demon Barber of Fleet Street
- Evaluated, treated, rehabilitated, prevented, and modified the risk of performance-related injuries.
- Performed manual therapy and taping for prevention and maintenance injuries.
- Educated performers, staff and crew on functional movement, recovery, health, and wellness to promote whole person wellness.
- First aid and emergency responder to backstage injuries.
- Collaborated with medical team and artistic staff to coordinate and provide best patient-centered health and wellness care for the company.

Miami City Ballet, Miami, FL, 2/2022- 6/2023

- Part-time Athletic Trainer for MCB PT department.
- Evaluate, treat, rehabilitate, prevent, and modify the risk of performance-related injuries.
- Perform manual therapy for prevention and maintenance of performing arts injuries.
- Educated MCB dancers on functional movement, recovery, health, and wellness to promote whole person wellness.
- Collaborated with medical team and artistic staff to coordinate and provide best patient-centered health and wellness care for the company dancers.

McCarthy Athletic Training & Wellness, 2/2020-present

- Holistic-based care to support the longevity of health, well-being, and life balance, treating the

whole-person – mind, body, & soul.

- Servicing private clients and organizations who seek Health and Well-Being | Injury Prevention Education and Promotion; Athletic Training Consultation; Workplace Wellness; Functional Movement Assessment; Ergonomic Analysis; Holistic Bodywork and Body Awareness

Under Armour Next, Orlando, FL, 12/28/2021- 8/2022

- Provided sport performance recovery services for the UA Next football and volleyball teams, Curry Camp, Kelsey Plum Dawg Class event
- Recovery services included manual therapy, Marc Pro, mindfulness, breathwork, contrast bath, foam rolling, dynamic functional movement.
- Educated athletes on modification and prevention of risk of injury.

Work Right NW, Woodland, WA, 8/2020-3/2021

- Athletic Trainer and Injury Prevention Specialist for Precision Castparts Corp., Groton, CT.
- Provide part-time proactive jobsite first aid, injury prevention, health promotion, and human performance coaching.

United States Tennis Association Inc., White Plains, NY, 1/2019-12/2023

- Currently provide emergency care, first aid, and total-body treatment for athletes on the USTA Women's Professional Circuit.
- Lead Athletic Trainer coordinating care between local tournament director, physician, and USTA supervisor.

Massage Beyond, New York, NY, 4/2018-current

- PRN manual therapy for the cast and crew of *Hamilton* on Broadway.
- Co-founded “Two-Show Day Tune-Up” providing hands-on 20-min maintenance treatments for individuals in the performing arts community.
- Administrative duties including the creation of emergency action process planning and intake documentation.

Sage Valley Junior Invitational, Graniteville, SC, 3/2020-current

- Provided sports performance recovery services utilizing Normatec, and Hyperice recovery systems for the top 50 junior golfers in the world.
- Assessed functional movement and dysfunction utilizing Fusionetics performance system to generate self-care programs to correct functional imbalances and improve performance.
- Performed manual therapy techniques such as PNF stretching, soft tissue and joint mobilization, and MET to improve quality of movement throughout tournament play.

Alliance Physical Therapy Partners/Work-Fit, Grand Rapids MI, 1/2019-1/2020

- Athletic Trainer for Pratt & Whitney, East Hartford, CT.
- Provided proactive jobsite and office ergonomic assessment, injury prevention, health promotion, and human performance coaching.
- Lead pre-work warm-up stretch groups and educating on proper technique to prevent risk of injury.
- Educated on proper body mechanics and ergonomics to decrease risk of injury of job duties and activities of daily living.

Walking with Dinosaurs Arena Tour, Pittsburgh, PA, 8/2/2014

- Provided athletic training services including injury prevention, and maintenance for cast and crew.

Neurotour/Neurosport Physical Therapy Inc., Marietta, GA, 2/11/2013- 3/3/2018

- Evaluated, treated, rehabilitated, prevented, and modified risk of performance related injuries.
- Performed manual therapy for prevention and maintenance of performing arts injuries.
- Educated/Instructed new hires in the Neurotour Physical Therapy fellowship.
- Worked within the physical therapy and functional training clinics, high school setting at Atlanta Girls' School, and Georgia United club soccer outreach.
- Touring shows: *Katy Perry Witness: The Tour*, *The Bodyguard the Musical* 1st US National Tour featuring Deborah Cox, *Sister Act the Musical* 2nd National Tour, *War Horse* 1st US National Tour, *The Lion King Prideland Tour*, *STOMP Tour of the Americas*, *Wicked Emerald City/Munchkinland Tours*
- Tour logistics: *Pretty Woman* (Chicago preview), *Blue Man Group Chicago*, *Love Never Dies*, *Beauty & the Beast*, *Bullets Over Broadway*
- Television and Concierge services: *Jesus Christ Superstar Live!*, *Harry Potter and the Cursed Child*, *Summer- The Donna Summer Musical*
- Broadway/Off-Broadway shows: *Frozen*, *To Kill a Mockingbird*, *Cleopatra*, *Dance Nation*, *Hamilton* (Chicago), *3 Tall Women*, *Sleep No More*, *School of Rock*, *Shuffle Along*, *The King and I*, *The Royale*, *Curious Incident of the Dog in the Nighttime*, *Allegiance*, *Queen of the Night*, *The Lion King*.

***Lord of the Dance*, Unicorn Entertainment Inc., 11/30/2012-12/23/2012**

- Toured Monaco, France, and Switzerland.
- Treated 40 professional Irish dancers and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.

***Blast! 2012 Japanese Tour*, Kyodo Tokyo Inc, Tokyo, Japan, 6/2012-10/2012**

- Toured all 47 prefectures of Japan.
- Treated 35 professional cast members and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.
- Direct liaison to physician for performance injury referrals.

***Ocean Blast Fever*, Mason Entertainment Group, Bloomington, IN, 5/29/2012-6/14/2012**

- Traveled to Yeosu, South Korea for the 2012 Yeosu World Expo.
- Treated 35 professional cast members and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.
- Direct liaison to physician for performance injury referrals.

***Blast! 2011-2012 US National Tour*, Prather Entertainment Group, Fort Myers, FL 8/2011-4/2012**

- Treated 35 professional cast members and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.
- Direct liaison to physician for performance injury referrals.

***Madison Scouts Drum and Bugle Corps*, Madison, WI, 6/2011-8/2011**

- Treated 150 all-male Corps members and staff on bus and truck tour.

- Prevented, evaluated, treated, and rehabilitated athletic injuries.
- Maintained athletic training supplies and inventory.
- Direct liaison to physicians for performance injury referrals.
- Consulted for Pacific Crest Drum and Bugle Corps

PERFORMING ARTS EXPERIENCE

Joe McCarthy's New York Afro Bop Alliance Big Band, 2021 – current

- Co-manager of a Latin Grammy® award-winning 18-piece Afro-Cuban jazz ensemble.
- Responsible for the comprehensive planning and coordination of all performance-related aspects.
- Efficiently manage tour budgets, ensuring that all financial responsibilities are met with accuracy and diligence.
- Collaborate effectively with promoters, booking agents, and venue staff to fulfill production requirements and logistical needs.
- Oversee the financial affairs of the band, encompassing budgeting, accounting, tax obligations, and payment disbursements to band members.
- Collaborate in the development and implementation of strategic marketing initiatives aimed at increasing the band's visibility, music sales, and overall fan engagement.
- Liaise with public relations firms, print and media outlets to secure coverage and facilitate interviews that enhance the band's profile.
- Work in conjunction with the band's social media manager to strengthen the online presence and develop engaging content.
- Assist in the planning and production phases of music recordings to ensure high-quality output.
- Provide constructive feedback and guidance to the band, fostering improvements in both performance quality and creative expression.
- Manage all logistical aspects associated with the band's operations, including travel logistics and performance scheduling.
- Ensure the proper transportation and maintenance of all equipment and instruments used by the band.
- Coordinate with crew members and support staff to guarantee seamless operational execution.
- Prepare for and address any emergencies that may arise during tours, events, or related activities.
- Develop contingency plans that are clearly communicated to all team members to ensure preparedness.
- Serve as the primary point of contact, secondary to band leader, for resolving any issues or conflicts that may occur day of performance.

Sustainability for the Arts, Co-Creator, 9/2020-11/2022

- Sustainability for the Arts' mission is to empower the arts community to step up to their fullest potential through Whole Person Sustainability: The art of balancing the Mind, Body, Soul & Life.
- Blog contributor for Theatre Art Life, a global platform for live entertainment industry professionals.

Performing Arts Organizations

- Empowered Artist Collective, Guest Artist: Body Health & Wellness; 9/2020
- Motivated Movers NYC, Advisory Board and Movement Wellness Contributor; 8/2020-8/2022
- Guilford Performing Arts Festival, Judging committee; 7/2020

TEACHING EXPERIENCE

Connecticut Experiential Learning Center Middle School, 9/2020-12/2020

- Health and Wellness curriculum - based upon the foundations of functional medicine, health and wellness, injury prevention, and promotion of healthy lifestyle living.

PRESENTATIONS

- Mindful Movement Workshop, One Body One Voice, Penn State, 8/7/2022
- Dancer Health and Well-Being; The School at Jacob's Pillow, 2021-2024
- Whole Person Wellness in the Workplace; Jacob's Pillow Dance, 2022-2024
- Eastern Athletic Trainers' Association Poster Presentation, Titled: The effect of polyphenol-rich pomegranate supplementation on pro-inflammatory markers, 1/2021
- Bike and Body Tune injury prevention; Global Impact Productions, 7/18
- *Harry Potter and the Cursed Child* injury prevention workshop, 5/18
- *The Bodyguard the Musical* injury prevention workshop, 1/17
- *On the Nun Tour: Athletic Training on the Road*, National Athletic Trainers' Association Annual Meeting; 6/16
- *Shrek the Musical* injury prevention workshop, 11/15
- *Sister Act the Musical* injury prevention workshop, 10/1/14
- Dance Injury Prevention and Wellness; Christine's School of Dance Ballet Intensive, 8/9-8/10/14

EDUCATION

Temple University, Philadelphia, PA

Doctor of Athletic Training, Summa Cum Laude

Capstone: The effect of polyphenol-rich pomegranate supplementation on pro-inflammatory markers

West Virginia University, Morgantown, WV

Master of Science in Athletic Training

Research Project: Development of a ballet-specific functional rehabilitation program using the Modified Delphi Technique

Slippery Rock University, Slippery Rock, PA

Bachelor of Science in Athletic Training

CAATE Accredited Athletic Training Education Program

CERTIFICATIONS AND MEMBERSHIPS

- Board of Certification Certified Athletic Trainer, #2000002856; 3/10-present
- National Provider Identifier, #1437472552
- Mental Health First Aid certified, Mental Health America; 5/2023
- Mental Health First Aid for Covid-19 certified, American Red Cross; 4/2020
- American Heart Association BLS for Healthcare Provider (CPR&AED); 7/06-present
- Florida State Licensure, License #AL6473; 12/21-present
- Massachusetts State Licensure, License #3606; 7/21-present
- Connecticut State Licensure, License #1365; 7/18-present
- New York State Licensure, License #002573; 9/13-present
- Covid Compliance Officer, Health Education Services, 4/8/2021
- Covid-19 Contact Tracing, John's Hopkins University, 4/5/2021
- OSHA-10 certified; 4/19-present
- Dry Needling certified, Structure and Function; 4/17-present
- Functional Movement Screen (FMS) certified; 6/15-present
- NASM Performance Enhancement Specialist (PES) certified, #1420921; 8/12-present
- Graston Technique certification; 5/11-present
- Georgia State Licensure, License #AT002221; 3/13-12/2020

- Pennsylvania State Licensure, License #RTO000095; 3/10-12/18
- National Athletic Trainers' Association; 7/06-12/2022
- Performing Arts Athletic Trainers' Society, Education Committee; 9/2020-4/2021
- NATA COPA Private Practice and Emerging Settings committee member; 5/2021-2023