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SARAH COX

SKILLS

- Skilled in Microsoft Excel and Word
- Skilled on Google Document and Slides
- Skilled in Photoshop, Bridge, and InDesign
- Self-motivated
- Self-starter
- Leadership Skills

EXPERIENCE

Fairmount Country Club, Chatham NJ – *Lifeguard*

May 2017 – September 2019

- Lifeguard Certified – responsible for monitoring the safety of adults and children both on and off the lifeguard stand. Responsible for pool maintenance and surrounding area
- CPR Certified – pools safety adviser
- Golf Cart Driver- transport families to and from the pool within-country club
- Towel Girl – manage chair and pool towels

NJ Spartans Field Hockey Club, Watchung NJ – *Assistant Coach*

June 2016 – August 2019

- Assistant coach for girl's field hockey club teams. Demonstrating leadership, mentoring, and teaching field hockey skills
- Equipment Manager – Ensure all equipment (cones, balls, sticks, etc.) available for practices and games

Babysitting, Madison NJ (& surrounding areas) – *Babysitter*

September 2015 – Present Day

- Babysitter – Babysitting children from ages 8 months old – 10 years old, developing specific activities by age group
- Would work extended hours while parents unavailable

Summit Medical Group, Florham Park NJ – *Entrance scanner*

November 2020– January 2021

- Screened patient's temperatures during COVID outbreak- would also ask a series of questions pertaining to COVID

- Their needs while sick

The Oldendorp Group Compass Real Estate, Madison NJ – Intern

May 2022- August 2022

EDUCATION

Madison High School, Madison NJ – High School Diploma

September 2015 – June 2019

Cumulative GPA: 3.4

SAT Composite: 1240

Math: 600; English: 640; Writing:6; Analysis:3; Reading;5

University of Alabama, Tuscaloosa AL – Currently Attending

September 2019 – Expected Graduation Date May 2023

Major: Kinesiology

Minor: Sports Psychology

ACTIVITIES AND AWARDS

Varsity Field Hockey – 2015–2019

Freshman Year – Rookie of the year Award; Honorable Mention All-Conference

Sophomore Year – Second Team All-Conference, Honorable Mention All-County

Junior Year – Most improved player Award; First Team All-Conference, First team All-County, Second Team All-North New Jersey

Senior Year – Senior Captain, Most Valuable Player Award, First Team All-Conference, First Team All-County, Awarded MVP Defense All county, First Team All-North New Jersey

Varsity Track and Field – 2016–2019

Varsity Lacrosse – 2015–2019

Junior Year– Most Improved Award; Honorable Mention All-Conference

Senior Year– Senior Captain; Honorable Mention All-Conference

Club Field Hockey – 2013–2019

Total Dutch Field Hockey Club – Captain 2018–19 Season

NJ Spartans Field Hockey Club

Nationals Futures Team

Special Olympics/ North New Jersey - 2015-2019

Coordinator Of Events - Set up and host volunteer soirees

Peer Group Connections- 2017-2019

187 applied, only 25 accepted

Leadership Outreach Program - host meetings with incoming high school freshmen on teenage specific topics, conduct tours for incoming freshmen, and host back to school nights for parents

Yearbook Club - 2017-2019

52 applied, only 16 accepted

Junior Year - Head of Financial Department making sure payments for yearbooks and advertisements were completed, as well as creating the yearbook with my peers using Photoshop, Bridge, and InDesign

Senior Year - Editor In Chief, leader for class alongside teacher and would make all final decisions for spreads

Student-Athlete - 2015-2019

Awarded All-Academic team for NJAC for all 3 sports- maintaining above a 3.0 GPA through the sports season

Kappa Delta - 2019-present day

Active participant in greek life at University of Alabama

UA Dance Marathon - 2019-2020

Participated in Dance Marathon designed to raise money for children in hospitals in Alabama

COMMUNITY SERVICE

Volunteer Coach for Madison REC Program - 2017-2020

Coached both Field Hockey and Lacrosse for girls in grades 6th - 8th, served as mentor and role model

May Day - 2013-2017

Clean up program hosted by Madison designed to clean up the town on the first Saturday of May

Volunteer at St. Huberts - 2017-2019

Assist with animal care at a local animal shelter, involved walking/ playing with the animals, cleaning their cages, and collecting and making dog toys

MLK Day - 2020

Volunteer Day dedicated to Martin Luther King hosted on MLK day, cleaned up Alabama campus

Kappa Delta Philanthropy - 2019-2020

- Hosted 5k walk/run raising money for Child Abuse Prevention Services
- Crossing Points - A young adult special needs program at UA, hosting dinners and a "surprise" prom
- Girl Scouts - act as mentors and role models for an assigned girl scout troop, help the troop sell cookies