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## STRENGTHS

Three years of Sports and News TV/Radio Engineering  
Three years as an Assistant Sports Director at WRFW 88.7FM  
Covered the 2003 Minnesota Viking Training Camp for KEYC-TV Channel 12  
Strong passion for Minnesota Twins and Major League Baseball  
Over 60 Sports Broadcast for WRFW 88.7FM

## EDUCATION

**Bachelor of Science Degree in Journalism-Broadcast Emphasis (2004)**  
Minor in Athletic Coaching  
University of Wisconsin-River Falls (UWRF)  
Dean's List

## RADIO DIRECTOR AND ENGINEERING

### **Station Manager, WRFW 88.7FM, River Falls, WI. 5/2003-Present**

- Oversee the Music, Sports, News, Program, and Promotions Directors and ensure they are efficient in their work by conducting monthly meetings and evaluating their weekly on the job performance.
- Created the Sports Broadcasting Guideline Book, which includes a copy of every sponsor's script, segment and the pre-game show format to be used during every sport broadcast.
- Coordinated schedules with the Sports and Program Departments to ensure there is no overlap on-air between the two departments during the University of Wisconsin-River Falls (UWRF) athletic seasons.
- Sold \$2,700.00 in underwriting to local businesses in the River Falls/Hudson area to supplement the Sports Departments yearly travel and broadcasting budget.

### **Assistant Sports Director, WRFW 88.7 FM, River Falls, WI. 5/2001-Present**

- Developed the Sports Broadcast Engineers Guidelines to reduce technical difficulties during broadcasts.
- Trained in nine Sports Broadcast Engineers on station equipment and evaluate their performance.
- Engineered and broadcast sporting and news events ranging from UWRF Basketball, Football and Hockey to Local, National, and International News for three years.
- Conducted interviews with athletic coaches prior to sporting events and broadcast the interviews during pre-game shows.
- Contacted Athletic Directors to reserve telephone lines to broadcast sporting events and made arrangements for travel.

## TELEVISION INTERNSHIP

### **Sports Intern, KEYC Channel 12 News, Mankato, MN. 6/2003-8/2003**

- Edited with Sony DVCam digital cameras and wrote over 100 scripts using TeleKing software for the nightly 6:00pm and 10:00pm newscasts.
- Photographed the July 14, 2003 tornado in Southern Minnesota and it was later used by CBS affiliate, WCCO-TV in Minneapolis, MN on their website and their morning news show.
- Videotaped the Minnesota State Baseball and Softball tournaments in Mankato, St. Paul, and Jordan and wrote correlating scripts for the 6:00pm and 10:00pm newscasts.
- Covered the 2003 Minnesota Vikings Training Camp on a daily basis. Taped a daily interview with Head Coach Mike Tice and additional interviews with players and coaches.
- Interviewed Minnesota Vikings players after Pre-Season and Regular Season games in the locker room to be used for future stories about the players, team, and season on later newscasts.

## RADIO AND TELEVISION SHOW HOSTING

**Sports Roundtable**, WRFW 88.7FM, River Falls, WI. 5/2001-Present

- Hosted a weekly, two-hour Sports Talk radio show including one hour for latest news and the other hour for one specific topic: Best/Worst Team Jerseys, Overrated/Underrated Athletes, Title IX, etc.
- Defended the state of Minnesota and their sporting teams against die-hard Green Bay Packer, Milwaukee Brewers, and Milwaukee Bucks fans and inform them about the concept of indoor ice skating.

**NewsCenterU**, Television Services, UWRF, River Falls, WI. 9/2001-Present

- Anchor, Reporter, load Teleprompter; assist with pre-production set-up of the studio and floor manager.

**St. Croix Sports Network**, Television Services, UWRF, River Falls, WI. 1/2001-12/2002

- Facilitated pre-production studio duties by running microphone checks, setting up cameras, writing scripts, drafting graphics, and finalizing the rundowns.
- Wrote scripts for on-air talent and load the Teleprompter.

**Focus on U**, Television Services, UWRF, and River Falls, WI. 1/2001-12/2002

- Assisted by setting up cameras and organizing the Sports Studio.
- Conducted weekly sports talk segment, "The Locker Room."

**The Big Show**, WRFW 88.7FM, River Falls, WI. 9/2001-12/2002

- Hosted a weekly, one-hour radio show formatted with news, sports and music.

## TECHNICAL SKILLS

Sony Mini Disc Recorders  
TeleKing  
Fast Edit Audio  
Microsoft Power Point

Sony DVCam Video  
Comrex  
Internet Explorer  
Microsoft Works

Sony DVCam Video Editor  
Mackie  
Yahoo! Web Page Builder  
Microsoft Front Page

## LEADERSHIP AND COMMUNICATION

**Peer Advisor**, Career Services, River Falls, WI. 8/2002-Present

- Commended by supervisors for ability to quickly and effectively develop rapport with clients during 30 minute appointments
- Worked with a diverse population of students ranging in race, age, gender, and professional development.
- Enhanced interpersonal communication skills by conducting an average of five personal appointments per week with clients to assist them in developing their resumes, cover letters, portfolios, and interviewing skills.
- Cultured about career development through presenting Career Services Workshops about Resumes, Cover Letters, Portfolio Development, Interviewing Skills, and Job Search Strategies.

**Head Lifeguard**, Moore Lake Beach, Fridley, MN. 5/1998-8/2002

- Assisted the pre-season beach training of 13 lifeguards by setting up a time schedule to go along with the days training about beach policies—Safety breaks, Emergency Action Plan, and Severe Weather.
- Ensured a high standard of safety at all times by scheduling sufficient number of lifeguards based on previous beach logs regarding attendance and weather records.
- Zero entrances into the swimming area for emergency water rescues in over five years of duty.
- Enforced beach and city ordinances to reduce corruption on beach and city property by addressing rules over Moore Lake Beach public address system on an hourly basis.

## ADDITIONAL WORK EXPERIENCE

**Lifeguard**, St. Anthony Village High School, St. Anthony, MN. 5/1998-5/2000

**Sales Associate**, Warner Bros. Studio Store, Roseville, MN. 8/1998-2/1999