

Alexa P. Dochat

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EDUCATION

University of Pennsylvania— Philadelphia, PA
B.A. in Communications | Graduation Year: 2027

GPA: 3.6/4.0

PROFESSIONAL EXPERIENCE

Town of Clifton Park Summer Camp – *Managing Counselor* | Clifton Park, NY **September 2023–Present**

- **Organize and supervise activities** for campers in grades K-6, ensuring safety and engagement to provide a positive camp experience and receive favorable feedback from parents and participants.
- **Manage check-in and check-out** processes for campers efficiently, maintaining accurate attendance records and ensuring smooth daily operations for a seamless camp experience.
- **Ensure camper safety** by enforcing rules and supervising activities, creating a secure environment that allows children to participate confidently and enjoyably.

Hayners Ice Cream and Country Store – *Server and Sales Associate* | Halfmoon, NY **August 2024–Present**

- **Welcome and Serve customers** promptly by preparing ice cream and food, maintaining cleanliness, and creating a friendly atmosphere to enhance customer satisfaction and encourage repeat business.
- **Collaborate with team members** to streamline service during busy hours, ensuring efficiency and minimizing wait times to improve the overall customer experience.

LEADERSHIP & COMMUNITY DEVELOPMENT

MAP x Kraft Heinz – “*Spring D-League*” *Management Trainee Fellow (Phase 1 & 2)* | Remote **March 2025 – Present**

- **Phase 1:** Selected to participate in an exclusive **3-week interview preparation** bootcamp for high-achieving college athletes, competing against 200+ others in 3 mock interviews sponsored by Kraft Heinz to proactively implement learnings from 10+ hours of preparation, achieving a score of 90%+ in all 3 interviews and earning a top spot on MAP’s leaderboard rankings
- **Phase 2:** Qualified for Phase 2 of the fellowship based on strong performance in Phase 1 (90%+), collaborating with a team of 6 to rebrand a U.S. HEINZ product (i.e., Bagel Bites, Capri Sun, Jell-O, Velveeta) + develop a full-cycle strategy to engage new customers with a limited edition release, drawing inspiration from the brand’s first Heinz mustard innovation in 10+ years

Young Quakers Community Athletics– *Coach* | Philadelphia, Pennsylvania **September 2023 – Present**

- **Mentor and coach** athletes in grades 4-8 by designing drills and warm-ups, ensuring safety and skill development to create a positive and supportive environment for young athletes.
- **Lead practice sessions** at West Philadelphia public schools, focusing on fitness and teamwork to enhance athletic growth and foster a sense of achievement among participants.
- **Manage athlete care and safety** by implementing safety protocols and monitoring activities, ensuring a secure and inclusive space for all participants during practices and events.

ADDITIONAL SKILLS

- Leadership/Interpersonal Skills
 - Involvement at Penn includes the Penn Athletics Wharton Leadership Academy, Women’s Athletic Association, the Student Athlete Wellness Committee, and the executive board for Quaker Notes a cappella. In high school, involvement included President of National Honor Society, 2x Track and Field Captain, President of Musical Company, Student Representative for the Counseling Advisory Committee and the Student Athletic Advisory Committee, among others.
- Strong Collaboration Skills
 - Current NCAA athlete and former three-season Varsity athlete in high school. Recognized for strong work ethic, being an outstanding teammate, and being coachable and receptive to instruction.

AMELIA N. KRISTEN

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EDUCATION

The University of Pennsylvania – Philadelphia, PA

GPA: 3.57/4.0

B.A. in Psychology | Minor in Consumer Marketing

Anticipated Graduation: 2027

- **Accomplishments:** Pentathlon School Record Holder, 4x Ivy League Track & Field Championship Medalist, 2024 Ivy League Team Champion, BC Academic Achievement Scholarship, 2023 Team Canada Track member.
- **Relevant Courses:** Marketing 101, Statistics 101, Critical Writing, Children and the Media, Brain and Behaviour, Psychology of Language, Acting 101.

PROFESSIONAL EXPERIENCE

LogicSync – Digital Marketing Executive | Philadelphia, PA

01/2025 – Present

- Developed digital marketing campaigns targeting over 200 venture capital firms, driving higher engagement and building relationships with C-suit decision makers.
- Led multi-channel outreach initiatives via email, LinkedIn, and blog content to enhance brand visibility, significantly expanding online presence.
- Streamlined onboarding for new hires and helped recruit talent that improved team efficiency and supported long-term growth.

Women's Athletic Association – Executive Board Member | Philadelphia, PA

08/2024 – Present

- Spearheaded social media campaigns featuring team spotlights and promotional graphics, increasing event attendance and athlete engagement among 450+ athletes across 16 varsity teams.
- Designed and led monthly initiatives focused on fostering community and strengthening bonds among female athletes including inter-squad mixers, wellness sessions, and leadership workshops.
- Organized cross-club events and fundraising collaborations with on- and off-campus organizations, creating opportunities for female leadership in athletics while fostering community-building and expanding member access to networking opportunities.

LEADERSHIP & COMMUNITY DEVELOPMENT

MAP x Kraft Heinz – “Spring D-League” Management Trainee Fellow (Phase 1 & 2) | Remote

03/2025 – Present

- Phase 1: Selected to participate in an exclusive 3-week interview preparation bootcamp for high-achieving college athletes, competing against 200+ others in 3 mock interviews sponsored by Kraft Heinz to proactively implement learnings from 10+ hours of preparation, achieving a score of 90%+ in all 3 interviews and earning a top stop on MAP's leaderboard rankings
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UPenn Varsity Track Team – Ivy League Collegiate Athlete | Philadelphia, PA

08/2023 – Present

- Trained and competed year-round as a heptathlete and 400m hurdler, dedicating over 25 hours weekly to rigorous practices, strength training, and national-level competitions.
- Contributed to Ivy League Championship victories by delivering high-performance results under pressure and consistently improving personal records.
- Supported team-building efforts by leading warmups, organizing bonding activities, and fostering a culture of unity and competitive grit.

Young Quakers Community Athletics – Program Mentor | Philadelphia, PA

09/2024 – Present

- Mentored 80+ elementary and middle school students by leading weekly track and field sessions that built confidence, athletic skills, and enthusiasm for sports.
- Designed and implemented structured programming, increasing participation, strengthening community ties, and fostering sustained engagement in physical activity.
- Provided one-on-one coaching to students who needed additional support, increasing growth and self-belief by the end of each session.

Penn Athletics Wharton Leadership Academy – Participant and Leader | Philadelphia, PA

10/2023 – Present

- Applied leadership principles like strategic thinking and emotional intelligence in over 15 workshops and meetings, enhancing teamwork, collaboration, and decision-making skills for athletic, academic, and professional settings.
- Engaged in structured team-building activities, learning effective leadership strategies and integrating followership skills to enhance communication, align team objectives, and foster a winning mindset.
- Led skill building sessions for new participants, sharing key leadership strategies and personal takeaways from the program to foster early engagement and confidence in the program.

Special Olympics – Program Volunteer | Vancouver, BC

08/2021 – 06/2023

- Volunteered weekly, supporting basketball, track, and special event programs supporting the inclusion of over 40 athletes per session.
- Led large groups of athletes through structured drills, competitive games, and social activities, improving social interaction and coordination amongst athletes.
- Created a fun, welcoming environment that empowered athletes with intellectual disabilities to participate in athletics with confidence and joy.

NON-TECHNICAL SKILLS & INTERESTS

- **Skills and Language(s):** Conversational French, Basic Malagasy
- **Programs:** Proficient in Microsoft Office Suite & Google Workspace
- **Interests:** Event Planning, Hiking, Photography, Making Smoothies

Cameron E. Crus

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EDUCATION

Boston College – Chestnut Hill, MA

B.A. in International Studies | Concentration in Political Economy and Development Studies | Pre-Law

GPA: 3.8/4.0

Graduation Year: 2027

PROFESSIONAL EXPERIENCE

Law Office of Rachel M. Crus – *Legal Intern* | Tahoe City, CA

06/2024 – 08/2024

- Examined legal precedents in state and federal case law, applying finding to ten active cases to strengthen the attorney’s litigation strategies and case positionings.
- Prepared trial memorandum’s detailing case facts, legal issues, and potential arguments to streamline attorney preparation and enhance clarity and impact in court proceedings.
- Analyzed financial statements to provide data-driven insights supporting equitable negotiation in divorce settlements, ensuring fair asset distribution and informed decision-making.

Fluid Peak Properties, LLC – *Construction Site Coordinator* | Ketchum, ID

06/2022 – 08/2024

- Led demolition and site preparation teams for residential and commercial projects, coordinating tasks to ensure safe removal of structures and readiness for new installations.
- Oversaw the installation of flooring, wall coverings, fencing, and other design elements, ensuring adherence to design specifications and high-quality finishes.
- Directed team efforts in painting, tiling, and layout adjustments, driving project timelines, enhancing functionality, and delivering visually appealing results to meet client expectations.

LEADERSHIP & COMMUNITY DEVELOPMENT

MAP x Kraft Heinz – “*Spring D-League*” *Management Trainee Fellow (Phase 1 & 2)* | Remote

03/2025 – Present

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Family Mobility Department, United South End Settlements – *Volunteer* | Boston, MA

09/2024 – Present

- Provide direct assistance to families in navigating Massachusetts-subsidized government programs, including housing, employment, and financial resources, dedicating 12 hours weekly to empower clients toward stability and self-sufficiency.
- Conduct research on state and local support programs to deliver up-to-date guidance, enhancing families’ access to resources and supporting informed decision-making.
- Collaborate with program staff to track family progress and maintain accurate records, ensuring effective service delivery and contributing to program development and impact assessment.
- Streamline the organization’s database by utilizing Salesforce to improve data management, track client interactions, and enhance reporting efficiency.

NCAA Division I Women’s Rowing Team – *Student-Athlete* | Boston, MA

08/2023 – Present

- Walked on to a highly competitive NCAA Division I rowing team, demonstrating resilience, adaptability, and a strong commitment to personal growth in a demanding athletic environment.
- Commit over 20 hours per week during the season to intensive on-water training, strength conditioning, and team strategy, while successfully managing a full academic course load.
- Actively seek and apply detailed feedback from coaches and teammates to improve technique, build mental toughness, and contribute to the long-term success and cohesion of the team.

ADDITIONAL SKILLS

- Language(s): Spanish (Conversational), English (Native)
- Programs: Boston College Bellarmine Law Society, The Women’s Network: BC, Make a Play Foundation (D-League Fellow), Stride
- Interests: Downhill Ski Racing, Sewing, Gluten-Free Baking, Yoga, High Altitude Mountaineering, Environmental Stewardship

DANIELLA S. HENDERSON

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EDUCATION

Yale University – New Haven, CT

B.A. in Ethics, Politics & Economics | Expected Graduation: 05/2027

- Accomplishments: Yale University Womens' Cross Country 2024 Coaches' Award
- Relevant Courses: Micro and Macro Economics, Statistics & Data Science, Psychology, Political Science, Urban Studies

PROFESSIONAL EXPERIENCE

Athlete to Athlete – *Mentor* | Hybrid

01/2025 – Present

- Provide guidance and support to young athletes navigating mental and physical challenges on the track through weekly meetings and goal setting exercises

Fleet Feet – *Sales Associate* | Menlo Park, California

01/2022 – 08/2024

- Delivered exceptional customer service in a high-volume specialty retail environment, helping customers reach their fitness goals

Aim High – *Student Teacher* | East Palo Alto, California

06/2022 – 08/2022

- Designed and delivered engaging curriculum for 50 underrepresented middle school students, inspiring them to pursue higher education

OneProsper – *Tutor* | Hybrid

03/2021 – 07/2023

- Taught English to seven girls in India (ages 8-12), enhancing their communication skills and improving their ability to connect with others
- Promoted to Student Executive Board in September 2021

LEADERSHIP & COMMUNITY DEVELOPMENT

Make A Play x Kraft Heinz – “Spring D-League” Management Trainee Fellow (Phase 1 & 2) | Remote

03/2025 – Present

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Yale Student Athlete Advisory Committee – *Cross Country Representative* | New Haven, CT

August 2024 – Present

- Advise Yale's Athletic Department on potential improvements of the student-athlete experience and facilitate engagement between athletes and the student body
- Volunteer as a Yale liaison with the Boys and Girls Club of New Haven

Yale Bulldog Sustainability – *Project Coordinator* | New Haven, CT

April 2025 - Present

- Lead education and outreach efforts as a liaison between Yale's Sustainability Office and the Athletic Department to promote campus-wide sustainability initiatives

ADDITIONAL INFORMATION

- Three-season D1 athlete (cross country, indoor/outdoor track)
- Proficient in Google Suite and Microsoft 365; French (intermediate)
- Strong oral and written communication skills

ELLA BARBETTA NESKORA

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EDUCATION

University of Pennsylvania— Philadelphia, Pennsylvania

GPA: 3.34/4.0

B.A. in Intensive Design | Minor in Art History

Anticipated Graduation: Spring 2027

- Accomplishments: Achieved Top-5 All-Time Records in Hammer and Weight Throw for Penn Track & Field, Elected Vice President of Recruitment for Sigma Kappa Sorority, leading strategic outreach and event coordination
- Relevant Courses: Design Fundamentals I/II, World Art and Civilization Before 1400, Art History; Eye, Mind, Image, American Sign Language I/II/III

PROFESSIONAL EXPERIENCE

EBN Swim School— *Founder/Head Coach* | Moravia, Texas

May/2023 – Present

- Created a business centered around affordable, personalized swim instruction for individuals aged 2 to adult in underserved communities
- Coordinated the logistics of creating/specializing learn-to-swim plans for over 100 clients
- Developed and executed targeted marketing strategies to attract clients, resulting in a consistent pipeline of new business and high client retention rates.
- Managed all aspects of business operations, including budgeting, scheduling, and client communication, ensuring smooth day-to-day functionality and client satisfaction.

Maxim Healthcare— *Caregiver* | Philadelphia, Pennsylvania

Aug/2024–Feb/2025

- Delivered compassionate, hands-on support to an individual with physical and mental disabilities, assisting with daily tasks to promote comfort and independence
- Assisted with daily living activities, including mobility support, meal preparation, and personal care, ensuring comfort and well-being.
- Communicated effectively with family and healthcare professionals to address client's needs and ensure a safe and supportive environment

Moravia Beef and Dairy— *Ranch-hand* | Moravia, Texas

May/2022 – Current

- Managed the daily care and feeding of several hundred livestock, ensuring animal health, nutrition, and overall well-being
- Skilled in learning new trades quickly and using various types of equipment to complete jobs
- Performed infrastructure maintenance, including repairing fences, irrigation systems, and barns, to ensure optimal ranch operations.
- Skilled in using various forms of heavy machinery.

LEADERSHIP & COMMUNITY DEVELOPMENT

Hammer Thrower Penn Track and Field—University of Pennsylvania | Philadelphia, Pennsylvania

Aug 2023 - Present

- Competes as a Division I Track & Field athlete, balancing rigorous academic and athletic schedules while training 25–30 hours per week
- Achieved Penn Track and Field #5 All-Time Record for the Hammer Throw with a throw of 170' (52 meters)
- Achieved Penn Track and Field #4 All-Time Record for the Weight Throw with a throw of 58' 7" (17.86 meters)
- Practices 25-30 hours/week. Includes throwing, weightlifting, recovery, traveling, and competing
- Was a part of the winning 2024 Indoor & Outdoor Women's Ivy League Championship Team
- Member of the Women's Athlete Association (WAA)

Vice President of Recruitment — *Sigma Kappa Sorority* | Philadelphia, Pennsylvania

Dec 2024 - Present

- Led and coordinated all logistics for the chapter's recruitment process, managing schedules, budgets, and event operations to ensure seamless execution and compliance with university and national standards
- Developed and implemented various recruitment strategies that leveraged data-driven insights and innovative outreach techniques to maximize recruitment success.
- Currently directs a team responsible for social media strategy, merchandise design, and promotional materials to enhance chapter visibility and engagement on campus and in the greater Philadelphia collegiate community

Athlete Ally — *Treasurer* | Philadelphia, Pennsylvania

Aug 2024 - Present

- Managed budgeting, expense tracking, and financial planning to ensure the sustainability of Athlete Ally's initiatives
- Worked with executive board members to allocate funds for awareness campaigns, speaker events, and community outreach programs.
- Processed payments, reimbursements, and purchases while maintaining accurate financial records.

MAP x Kraft Heinz — *"Spring D-League" Management Trainee Fellow (Phase 1 & 2)* | Remote

March 2025 – Present

- Phase 1: Selected to participate in an exclusive 3-week interview preparation bootcamp for high-achieving college athletes, competing against 200+ others in 3 mock interviews sponsored by Kraft Heinz to proactively implement learnings from 10+ hours of preparation, achieving a score of 90%+ in all 3 interviews and earning a top stop on MAP's leaderboard rankings
- Phase 2: Qualified for Phase 2 of the fellowship based on strong performance in Phase 1 (90%+), collaborating with a team of 6 to rebrand a U.S. HEINZ product (i.e., Bagel Bites, Capri Sun, Jell-O, Velveeta) + develop a full-cycle strategy to engage new customers with a limited edition release, drawing inspiration from the brand's first Heinz mustard innovation in 10+ years

NON-TECHNICAL SKILLS & INTERESTS

- Skills and Language: Fluent in American Sign Language,
- Programs: Rhino 3D, AutoDesk Autocad, Adobe Illustrator, Adobe Photoshop,, Microsoft Studio
- Interests: Interior Design, Crochet

IMANI V. BOGUE BIENIEMY

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EDUCATION

Howard University – Washington, D.C.

GPA: 3.44/4.0

B.A. in Spanish, International Affairs | Minor in Political Science, Community Development

Graduation Year: 2027

- Accomplishments: Coaches Award - Freshman Soccer (2019-2020), MVP - Freshman Basketball (2019-2020), Hardest Working Player - Varsity Basketball (2021-2023).
- Relevant Courses: Principles of Criminal Justice, Oral Communications 1, Intro to Psychology, Gender and Sexualities, Intro to Research in Political Science, Humanities I, Spanish, & Elementary Statistics.

PROFESSIONAL EXPERIENCE

MAP x Kraft Heinz – “Spring D-League” Management Trainee Fellow | Remote **03/2025 – Present**

- Qualified for Phase 2 of the fellowship based on strong performance in the MAP winter fellowship, collaborating with a team of 6 to rebrand a U.S. HEINZ product (i.e., Bagel Bites, Capri Sun, Jell-O, Velveeta) + develop a full-cycle strategy to engage new customers with a limited-edition release, drawing inspiration from the brand’s first Heinz mustard innovation in 10+ years.

MAP Winter Fellowship – *Fellow* | Remote

01/2025 – 03/2025

- Leading the “planning phase” workstream by managing a well-organized sprint backlog of ~10 tasks, including the problem-solving framework + feasibility study, enabling me to complete ~20% of the project ahead of schedule, boosting overall team productivity.
- Ensuring we met 100% of our deadlines while effectively overcoming obstacles
- Collaborating with the team to deliver four impactful outputs to senior leadership, including a comprehensive slide deck & succinct 1-page fact sheet, designing two key slides to visually represent potential ROIs & associated risks, thereby reinforcing our strategic vision

By Contract – *Scorekeeper/ Player Statistics* | Las Vegas, Nevada

Seasonal/ 2022 – 2023

- Stayed organized to keep track of game scores and player stats to ensure an accurate and well-documented game.
- Ensured effective communication between teams and tournament organizers.

LEADERSHIP & COMMUNITY DEVELOPMENT

Foothill Montessori School – *Volunteer* | Henderson, Nevada

04/2023

- Traveled by bus to a local bilingual school to teach about Earth Day in Spanish.
- Created related activities to best get information across effectively and create an engaging learning environment to teach the students what they could do to reduce, reuse, and recycle.

Home of Possibilities – *Volunteer* | Henderson, Nevada

12/2012

- Traveled around the city with a group by bus to help provide gifts and meals for local families.
- Gave gifts and sang carols to families.

ADDITIONAL SKILLS

- kills and Language(s): Spanish, problem solving, time management, critical thinking, and strong work ethic. **S**
- rograms: Canva, Microsoft PowerPoint, Microsoft Outlook, Microsoft Word, Google Docs, Google Slides, and RStudio. **P**

- nterests: Soccer, reading, writing, art, world history, and languages.

KATHERINE M. FATH

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EDUCATION

Boston College – Chestnut Hill, MA

GPA: 3.93/4.0

B.A. in Communication | Minor in Applied Psychology & Human Development | ACT: 34

Anticipated Graduation: May 2027

- Accomplishments: Sophomore Scholar Award, Women's Varsity Rowing, Justice and the Common Good Community, Pre-Law Society
- Relevant Courses: Business Law, Rhetoric, Mass Communication

PROFESSIONAL EXPERIENCE

Family Law Office of Kristen Z. Fath, LLC – *Law Clerk* | Plymouth Meeting, PA

06/2019 – Present

- Provide clerical support to family law practice including but not limited to, document preparation, bookkeeping, and filing to streamline divorce, custody, support, and abuse cases.
- Attend and support clients during emotional Protection From Abuse and child custody matters in family court while learning appropriate court procedures and effective legal strategies.

Ocean City Coffee Company – *Shift Supervisor, Barista* | Ocean City, New Jersey

06/2021 – 08/2024

- Led shifts of up to eight employees, streamlined customer service interactions, and maintained daily financial settlements to represent employees and the company's hard-earned positive reputation.
- Prepared and served specialty coffee drinks to customers and maintained a clean, positive, and safe work environment during peak business months and hours.

Ocean City Coffee Company – *Social Media Intern* | Ocean City, New Jersey

05/2024 – 08/2024

- Created and selected social media content alongside a marketing professional, such as promotions, company milestones, and community events to boost customer engagement and explore new markets.

LEADERSHIP & COMMUNITY DEVELOPMENT

MAP x Kraft Heinz – “Spring D-League” Management Trainee Fellow (Phase 1 & 2) | Remote

03/2025 – Present

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United South End Settlements – *Family Mobility Volunteer* | Boston, MA

09/2024 – Present

- Study follow-up surveys and plan financial literacy workshops to provide resources to families living at the poverty line, ultimately increasing the average credit score and financial stability of program participants.
- Coordinated blog posts with current participants to spread information about the Family Mobility program to eventually reach and assist more underserved families and neighborhoods in Boston.

The Women's Network – *Ambassador* | Chestnut Hill, MA

09/2024 – Present

- Recruit and onboard new members and create unique outreach strategies tailored to diverse student demographics to expand the network's presence across campus and other chapters in the Boston area.
- Advocate for gender equity in leadership, provide insight into questions or concerns regarding the club's mission and values, and participate in bonding events to integrate new members and promote relationships.

Wissahickon High School Mini-THON – *Head Chairman* | Ambler, PA

04/2022 – 06/2023

- Led over twenty officers and over two hundred members to raise money for childhood cancer research via fundraising and community events to donate to the Four Diamonds Foundation.
- Planned an annual event that hosted over one thousand community members, teachers, parents, and students to fundraise for childhood cancer and reveal the yearly total, which was over \$24,000.

Shady Grove Elementary School Mentorship Program – *Co-Founder, Mentor* | Ambler, PA

09/2019 – 06/2023

- Co-founded student-run group that traveled to an inter-district elementary school to teach valuable lessons, spread positivity, and establish connections with students in Fifth Grade to transition to middle school.
- Hosted end-of-year events for students in the program to share what they had learned and looked forward to as they prepared for a new environment in middle school.

NON-TECHNICAL SKILLS & INTERESTS

- Interests: Leadership Development, Media and Podcast Production, Community Building and Bonding, Event Planning
- Fun Fact: Joined the team as a novice in freshman year, having never stepped foot in a boat or known anything about rowing during tryouts.
- Biggest Sports Lesson: Persistence, discipline, and resilience through failure and setbacks are defined by consistent effort and dedication toward achieving long-term goals.

Orly R. Ogilvy

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EDUCATION

Yale University – New Haven, CT

GPA: 3.62/4.0

B.A. in History | Certificate in French | SAT: 1440 Graduation Year: 2027

- Accomplishments: ITA Scholar Athlete 2023-2024, awarded for excellence in both academics and athletics
- Relevant Courses: Directed Studies, Microeconomics

ACTIVITIES & VOLUNTEER EXPERIENCE

Scholars of Finance – *Member* | New Haven, CT

10/2024 – Present

- Participated in the Leadership Development Program, an 8-week course exploring the values of integrity, excellence, humility, and compassion in the finance industry.
- Collaborated with a diverse team to analyze real-world finance case studies focused on ethical decision-making and stewardship, enhancing ethical reasoning and communication skills and contributing insights that shaped group recommendations.
- Completed weekly assignments reflecting on core values and leadership, and applied these values in group projects.

New Hytes – *Volunteer* | New Haven, CT

09/2023 – Present

- Taught tennis to children from underserved communities as part of an after-school program to foster a love for the game.
- Led on-court drills and provided activities to keep children engaged and having fun.
- Coordinated with a team of volunteers to maintain a welcoming environment by proactively addressing concerns and supporting conflict resolution, contributing to a 100% incident-free experience and positive feedback from participants.

Seabright Cup – *Participant* | England

07/2024 – 08/2024

- Selected as part of a 3-member team from Yale Women's Tennis to pair with Harvard in biannual competition against Oxford and Cambridge Tennis
- Represented the United States while touring England for 5 weeks, connecting with alumni and giving speeches.
- Trained intensively and coordinated with teammates to develop match strategy and mental toughness; contributed to a commanding 20–1 team victory, one of the most decisive wins in the tournament's history.

LEADERSHIP & SPORT

Make-A-Play Foundation (MAP) – *Spring Fellow (Phase 1&2)* | Remote

03/2025 – Present

- Qualified for Phase 2 of the fellowship based on strong performance in Phase 1 (90%+), collaborating with a team of 6 to rebrand a U.S. HEINZ product (i.e., Bagel Bites, Capri Sun, Jell-O, Velveeta) + develop a full-cycle strategy to engage new customers with a limited edition release, drawing inspiration from the brand's first Heinz mustard innovation in 10+ years
- Analyzed mock interview results each week from Fortune 500 HR professionals, dissecting the personalized feedback to make improvements for the future, submitting a self-evaluation form afterward to demonstrate my eagerness to continue learning.
- Attended weekly virtual recruiting events with MAP's diverse rolodex of partners (Evercore, NFL, Microsoft, Morgan Stanley), learning how to transform my experience as a student-athlete into a successful post-playing career at a leading company.

Yale Women's Tennis Team Member, New Haven, CT

08/2024 – Present

- Competed as the No. 1 singles player on a nationally ranked NCAA Division I tennis team during the 2024 and 2025 spring seasons, leading the team in high-stakes matches against top-tier programs that contributed to an Indoor Ivy League tournament victory (2025)
- Engaged in building a healthy, winning team culture by being an active member of group discussions.
- Balanced a rigorous academic program with a minimum 20 hours of athletics a week.
- Currently ranked no. 89 in the ITA individual rankings for college tennis.

Inspire Through Sport – *Mentor* | Vancouver, B.C.

01/2023 – 08/2023

- Earned Tennis Professional Association (TPA) instructors certificate to teach tennis by passing numerous evaluations.
- Led officiating at youth tennis tournaments, ensuring fair play and resolving disputes, resulting in positive feedback from parents and coaches.
- Able to mentor girls in sports, providing them with organizational and leadership tools.

Elite Junior Tennis Player – *Player* | Toronto, ON

2015 – 2023

- Won the Canadian Fisher Outdoor Nationals in U18 Girls Singles, displaying grit in winning several matches culminating in a career-best result.
- Finalist for the Canadian Fisher Outdoor Nationals in U18 Girls Doubles
- Travelled and competed internationally, reaching a career-high ITF ranking of 218

ADDITIONAL SKILLS & AWARDS

- Skills and Language(s): Conversational Proficiency in French; Office 365; Google Workspace; Stata
- Athletic Awards: All-Ivy First Team Singles (tennis), All-Ivy Second Team Doubles (tennis) 2024
- Programs: Yale Women's Athletic Council
- Interests: Hydropolitics & hydrology, environmental policy and law, sustainability, environmental humanities, conflict studies

RUBY O. DEFREES

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EDUCATION

University of Pennsylvania – Philadelphia, PA

GPA: 3.71/4.0

B.A. in Psychology

Anticipated Graduation: 2027

- Accomplishments:
 - University of Pennsylvania Division I Field Hockey Goalkeeper
 - 2024: Started all 16 games in the cage as a sophomore, played 948 minutes total
 - National Field Hockey Coaches Association Awards
 - 2024 Division I National Academic Squad
 - 2023 Division I National Academic Squad and Scholar of Distinction
- Relevant Courses: Social Psychology, Language and Thought, Introduction to Experimental Psychology, Introduction to Calculus, Criminology

PROFESSIONAL EXPERIENCE

Ultimate Defender Goalkeeper Academy – *Assistant Coach* | Bethlehem, PA

July 2024

- Coached 95 field hockey goalkeepers from ages 13-18 in a week-long training program, improving individual skills and development
- Performed duties as a group counselor of 10 players ages ranging from 13-15
 - Coordinated daily player training times and communicated dynamic schedule changes to the group as needed, resulting in consistent communication relayed from program leadership
 - Checked in with individual players as they rotated in and out of ongoing drills, ensuring individual wellbeing
 - Performed nightly checks to account for all group members prior to lights-out, maintaining 100% head count

The Goalie Trainer – *Feedback Coordinator, Assistant Coach* | Conshohocken, PA

June 2023

- Assisted 5 active Division I field hockey goalkeeper coaches, learning how to manage individuals and groups in training rotations
- Prepared and executed technical and tactical drills to challenge and develop players
- Identified skill proficiencies and determined areas for skill development, generating personalized feedback for 40 participating goalkeepers

Spark & Freedom Field Hockey Clubs – *Player Assistant Coach* | Gambrills, MD

December 2019 – February 2023

- Coached young goalkeepers on weekend play-days and clinics, resulting in skills and development
- Assisted Court Managers with schedule coordination, inventory, goalkeeping, game clocks, and court set-up to maintain event organization
- Officiated matches for players of ages 7-15 to develop and expand personal knowledge of the sport

LEADERSHIP & COMMUNITY DEVELOPMENT

MAP x Kraft Heinz – “Spring D-League” Management Trainee Fellow (Phase 1 & 2) | Remote

March 2025 – Present

- Phase 1: Selected to participate in an exclusive 3-week interview preparation bootcamp for high-achieving college athletes, competing against 200+ others in 3 mock interviews sponsored by Kraft Heinz to proactively implement learnings from 10+ hours of preparation, achieving a score of 90%+ in all 3 interviews and earning a top spot on MAP’s leaderboard rankings
- Phase 2: Qualified for Phase 2 of the fellowship based on strong performance in Phase 1 (90%+), collaborating with a team of 6 to rebrand a U.S. HEINZ product (i.e., Bagel Bites, Capri Sun, Jell-O, Velveeta) + develop a full-cycle strategy to engage new customers with a limited edition release, drawing inspiration from the brand’s first Heinz mustard innovation in 10+ years

Archbishop Spalding High School – *Student-Athlete* | Severn, MD

September 2019– May 2023

- Was 4-Year Starter and Captain of the Varsity Field Hockey Team, leading the program to 3 championship games
- Nominated for the Andrew Eser Scholarship that recognizes leaders in both the classroom and field of play
- Member of the National Honors Society

NON-TECHNICAL SKILLS & INTERESTS

- Skills and Language(s):
 - Leadership, interpersonal communication, conflict resolution, and organization
 - Native English Speaker, intermediate reading and speaking levels of Spanish
- Programs: Microsoft Windows 10/11, Word, Excel, PowerPoint, OneNote; Google suite collaboration
- Interests: Field hockey, marine biology, antiques, music, cooking, weight lifting