



Sam Fremin

Sports Writer

Detail oriented writer with digital, print and social media experience and a diversified education. Eager to bring a more thoughtful approach to sports journalism. Well-versed in sports at the national, collegiate and high school levels, as well as in cultural and political areas.

Contact

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Education

2023

Bachelor's in Digital/Print Journalism
Bachelor's in Political Science
Minor in Creative Writing
Minor in German
Penn State University

2023

Certificate for Sports Journalism
John C. Curley Center at Penn State

Expertise

- Adobe Creative Suite
- WordPress
- Microsoft Office
- Photography and Editing
- Acting and Improvisation

Language

English

German

Experience

July 2023 - Present

MediaNews Group | Scranton, PA

Sports Reporter and Copy Editor

Employed by Scranton Times-Tribune and frequently coordinate additional work with nearby MediaNews Group subsidiaries. Cover local, college and national sports (highlighted by football, field hockey, minor league baseball and NASCAR) for print and digital platforms, on dead. Co-host weekly "Penn Stated" podcast, covering Penn State football. Copy edit and design pages for a daily print newspaper. Developed and maintain an active social media audience through targeted live coverage. Experience with Adobe InDesign, Blox CMS and live stat gathering. This role has been in-person and remote.

September 2021 - May 2023

Onward State | State College, PA

Associate Editor and Penn State Football Beat Reporter

Wrote 370 stories, averaging roughly one every two days, for an audience of over 150,000. Edited staff writing for style compliance and clarity multiple nights a week, in addition to when news broke. Mentored and provided feedback to individual writers and collaborated with managing editor to streamline our organization's stylebook. Traveled cross-country to cover every away Penn State game, including a 13-hour drive to Alabama. Covered sports, politics, crime, entertainment, satire, business and opinion. Was promoted to the editor board after three months as a staff writer.

February 2023

Associated Press | Phoenix, AZ

Super Bowl LVII Stringer

Independently pursued stories at team availabilities and on media row during week. Transcribed postgame quotes in real time for Associated Press sidebars. Collaborated with teammates to compile notebook entries for which I received a byline, as well as bolster other writers' preexisting story projects. Leveraged source network to write a story about the weekend's sports betting activity, featuring different viewpoints from multiple tiers of the industry, which was published by PennLive.

Reference

Mike Poorman

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John Affleck

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