

Rebecca Raider

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EDUCATION

Bachelor of Arts Degree | **Exercise Science**

Expected: December 2020

Northwestern College | Orange City, IA

- Concentration: **Strength and Conditioning**

Certifications: USAW₁, EXOS Performance Specialist (XPS), Coaching Endorsement, First Aid, CPR

RELEVANT EXPERIENCE

Student Assistant Strength Coach | Northwestern College | Orange City, IA

August 2017 – Present

- Develop, lead, and coach training programs for Cheer and Dance teams
- Facilitate training programs for athletic teams & develop monthly training program for clients

Assistant Coach Intern | EXOS Performance Institute | Rapid City, SD

Summer 2020

- Executed training programs for youth, high school, and general population
- Developed relationships with athletes and other clients, enhancing training program specialization

Physical Therapy Technician | Floyd Valley Healthcare | LeMars, IA

June 2017 – November 2018

- Administered muscle stimulation, ultrasound, laser therapy to patients
- Observing patients undergoing physical therapy exercises

Assistant Speed and Agility Coach | Floyd Valley Healthcare FAST Program | LeMars, IA

June – August 2017

- Assist summer middle school speed and agility program
- Lead warm-ups, teach exercises, execute drills

CAMPUS LEADERSHIP & INVOLVEMENT

Northwestern College | Orange City, IA

Rowenhorst Student Center | Maintenance Staff

August 2018 – Present

- Responsible for cleaning and maintaining the appearance of dormitory common areas & Bultman Athletic Complex
- Cleaning, laundry, equipment upkeep
- Facility maintenance, office management, scheduling of recreation areas

New Student Orientation Program Co-Director

January 2019 – Present

- Interview and select candidates for upcoming Orientation Staff team
- Plan, organize and lead numerous activities and events for all incoming students upon their arrival to campus
- Liaison between faculty and student team members to ensure quality and program success

Orientation Staff

August 2016 – Present

Student Government Association

August 2018 – Present

Theatre Department | Actor & Crew Member

August 2015 – May 2019

Theatre Wellness Program Director

August 2018 – May 2019

Study Abroad – England

Summer 2018