**Rachel L. Anzano**

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**EDUCATION AND HONORS:**

* Rowan University Glassboro, NJ

*College of education* Graduate- Class of 2015

* + Major- Health Promotion Fitness Management Current GPA- 3.594
  + Minor- Biological Science
  + Deans List 2011-2012, 2013, 2013-2014
* Ridgewood High School Ridgewood, NJ
  + Graduate- Class of 2011 Final GPA- 3.84
  + Graduated with Honors: Mu Alpha Theta National High School and Two-year college Mathematics National Honor Society, President Education Awards Program, The National Honor Society

**EMPLOYMENT HISTORY:**

* Lifeguard July 2007- Present

Certification in CPR and Safety and First aid

Saddle river Valley Swim and Tennis Club, Monsey, NY

Responsibilities include: Guarding the pool, maintaining facilities. Water Safety Instructor certified- teach swim and dive lessons, coordinate swim lesson program.

* Assistant Dive Coach July 2007- Present

Saddle River Valley Swim and Tennis Club, Monsey, NY

Responsibilities: Coach children ages six and up on the basic techniques of diving to enhance performance in a competitive environment.

* Assistant Swim Coach July 2012- Present

Saddle River Valley Swim and Tennis Club, Monsey, NY

Responsibilities: Coach children ages five and up to swim in a competitive environment.

**COMMUNITY SERVICE/ VOLUNTEER EXPERIENCE:**

* Volunteer at NovaCare rehabilitation center March 2013- May 2013
  + Shadow physical therapists and help with organizational and maintenance jobs. 21 hours shadowing experience.
* Volunteer at Kireker Center for Childhood Development June 2013
  + Shadow Physical therapist and speech therapist. 8 hours shadowing experience.
* Volunteer at EXCEL Physical Therapy May 2014-June 2014
  + Shadow Physical Therapist. 30 hours shadowing experience.
* GetFit volunteer, Rowan University October 2014-December 2014
  + Personal Trainer for adults ages 21 and older with special needs.
* Back to the Boro April 2012- 2014
  + Help clean Glassboro, NJ; picked up garbage on streets; helped clean any noticeable graffiti.
* Relay for Life April 2012, 2014
  + Participated in numerous events to raise money for charity; events include: dancing, walking
* Fitness Appreciation Day September 2012
  + Volunteered at a local fitness center to help promote overall fitness
* Buddy Walk October 2012
  + Volunteered and Participated in a walk for awareness and cure against Down Syndrome
* Volunteer at Cumberland County Animal Shelter December 2012
  + Completed a training course on ways to handle and take care of animals and then was able to give care to the rescued animals.
* Holiday canned food and Toy Drives December 2013, 2014
  + Donated canned food and toys to under-privileged families and children.
* Undy5000 Run September 2013
  + Volunteered at a 5k race in Philadelphia in support of Colon cancer research
* Hero Walk October 2013-2014
  + A walk in Ocean City, NJ. that raises funds and awareness for the fight against drunk driving.

**EXTRA CURICULAR ACTIVITIES:**

* Pre-Health Club, Rowan University September 2011- Present
  + Attends meetings to hear speakers and collaborate with other students interested in the health professions.
  + Participates in service and volunteer events
* Member of Rowan University Swim and Dive Program September 2011- 2014
  + Compete against division III schools in the NCAA division.
* Member of Alpha Epsilon Phi Sorority, Rowan University April 2012- Present
  + Raise money for sorority philanthropies: The Elizabeth Glaser Pediatric AIDS Foundation and the Sharsheret Organization. Volunteers in service projects and organizes philanthropic events.
  + Leadership positions: Vice President of Social Standards, Vice President of Inner Greek Councel, intramural chair, Panhel chair, community service chair, fundraiser chair, inner chapter, GAP chair, Alumnae Correspondent, Mom and Me teat Philanthropic event coordinator.
* Pre-Allied Health Club Rowan University September 2012- Present
  + Attends meetings to hear speakers and collaborate with other students interested in the health professions.
  + Participates in community service and volunteer events
* Attended Functional Anatomy and Physiology Workshop September 2013
  + Gained proficiency in Anatomy and Physiology
* National Wellness Institute Chapter Rowan University January 2014
  + Attends meetings to discuss and be informed about current health concerns and awareness associated with health professions.

**RELATED SKILLS:**

* Excellent communication skills from working with children, adults, co-workers, and managers.

**REFERENCES:**

* Dennis Peterson, Head Manager
  + Saddle River Valley Swim and Tennis Club
  + Dennispeterson2@verizon.net
* Andy Macoff, Dive Coach
  + Rowan University
  + (917)-617-0063