**Sting Yellowjacket**

605-642-6269 | Sting.yellowjacket@email.com | [www.linkedin.com/Sting](http://www.linkedin.com/Sting) | Spearfish, SD

**EDUCATION**

**Black Hills State University** Spearfish, SD
*Bachelor of Science in Exercise Science* May 2026

**Veritas University, San Jose**Costa RicaSeptember 2025 – December 2025

**RELEVANT EXPERIENCE**

**Spearfish Yellowjacket Physical Therapy** Spearfish, SD
*Intern* January 2023 – May 2023

* Designed routines for patients after assessing their injuries, resulting in an established plan of action to aid recovery.
* Measured patients’ progress through weekly appointments which helped in planning the future exercises needed.

**Every Time Fitness** Spearfish, SD
*Personal Trainer* May 2022 – Present

* Guided 10 individuals a week through workout routines in cardiovascular and muscular strength training, resulting in the achievement of exercise goals.
* Educated individuals on weightlifting formation by demonstration to ensure no injuries were caused by incorrect stance or amount of weight.

**PROFESSIONAL ORGANIZATIONS & AFFILIATIONS**

**CRUX**, *President* August 2019 – Present
**Spanish Club,** *Member* August 2019 – Present

**SKILLS**

 • CPR and First AID Certified • Nutrition Counseling
 • Fluent in Spanish • Fitness Coaching

**ADDITIONAL EXPERIENCE**

**Wally World** Spearfish, SD
*Cashier* August 2023 – August 2024

* Assisted customers by guiding them to the correct isle to find the product they need, resulting in customer satisfaction.
* Managed inventory by organizing and stocking store products to guarantee a quality shopping experience.