



THE MISSION

My mission is to encourage and inspire young athletes to unlock their true strength both on and off the field in all areas including mental, physical, and psychological. I am a strong believer that if you learn to dig deep during life's most difficult challenges that you will grow into something powerful. Once you develop grit and perseverance you will be unstoppable.

Education

- Thunderbird Highschool Class of 2017
- Embry-Riddle Aeronautical University Class of 2021
 - Bachelor of Global Security and Intelligence Studies
 - GPA: 3.83, Magna Cum Laude
 - 4 Year Member of the ERAU Women's Soccer Program
 - CALPAC Regular Season Champion: 2017, 2018, 2019
 - CALPAC Conference Champion: 2017, 2018
- University of Arizona Global Campus Class of 2025
 - Master of Business Administration (MBA)
 - GPA: 4.0, Member of Golden Key International Honour Society

Licenses and Certifications

- US Soccer Grassroots
- Certified Weightlifting Performance Coach
- Certified Speed and Agility Coach
- American Red Cross First Aid Certified
- Concussion Sports Certified
- CPR Certified

Coaching Experience

Physio Pro Trainer Elite Level PT PASS Camp (2021-Present)

- Speed, Agility, Plyometrics, and Strength Training

Pro Trainer CCV Girls National Teams (2021-Present)

- Speed, Agility, Plyometrics, and Strength Training

Assistant Coach CCV Stars 2010 Girls

- 2010 Girls E64 National Team (2023-Present)

Assistant Coach CCV Stars 2011 Girls

- 2011 Girls E64 National Team (2023-2025)
- 2011 Navy Team (2021-2023)