

## Athletic Experience

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### **Retrofit Studio**

**Jan 2018 / Present**

Personal Trainer

- NASM / CPR certified
- Create exercise programming for bi-weekly clients
- Train sport-specific student athletes
- Produce weekly videos motivating folks to get in motion

### **Shrine High School**

**Mar 2014/Mar 2017**

Varsity lacrosse Coach

- Develop individual and team lacrosse skills
- Handle scheduling, practice and game plans
- Coordinate off-field team building efforts with parents and staff
- Participate in continuing education efforts through US Lacrosse
- Created a competitive culture of character, honor and integrity
- We are a 2-time MICHLOA Sportsmanship Award winner

### **Champion Lacrosse**

**Jul 2015/Present**

Coach and Field Manager

- Instructed 5-7 year old players in basic concepts and fundamentals of lacrosse
- Responsible for roster, scoring and payables of Elite Men's League
- Manage field operations for Elite Men's League

### **Detroit Catholic Central**

**Mar 2007/Mar 2010-Jun 2013**

Freshman Lacrosse Coach

- Introduce the freshman to Shamrock lacrosse
- Responsible for scheduling, practice and game plans
- Developed weight program with the Strength & Conditioning coach
- Competed against JV and new Varsity programs
- Program Liaison at CHSL and MHSAA coaches meetings

Assistant Athletic Director

- Responsible for stadium/field/court preparation - audio, scoreboard and Press Box setup
- Provided de-escalation of Parent/Coach/Official situations
- Supervised weight room training

### **Westlake Village Middle School / STARZ Lacrosse**

**Mar 2008-Jul 2008**

7th Grade / U13 Head coach

- Coached the 7<sup>th</sup> Grade Westlake Village team as well as a U13 team in a Los Angeles STARZ tournament

### **Personal Athletic Career**

- 2-time Varsity letter in lacrosse at Detroit Catholic Central – position Goalie
- Rookie of the Year, MVP and President of the Ball State Rugby club
- Michigan Select Side rugby team / Northwest Woodsmen Rugby club team
- 2009, 2010, 2011 Detroit Freep Marathon finisher
- Champion Lacrosse Elite and Masters player

## Professional Experience

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### **Omnicom Media Group**

**Mar 2011/Present**

Audit production, Design Processes and provide Quality Assurance and Best Practices management of our Off-Shore Team

Responsible for \$1.5M/monthly billing resolution for clients such as Google, Mercedes, Old Navy and HBO

Maintain relationships with vendors for scheduling, rate negotiation and billing issues to insure that our client media strategy is achieved

Provide team leadership for client investment management and process specifications of delivered spot media

Report weekly progress based on team efforts, varying client timeframes and financial deadlines

Interface with the NY Finance Director as to the efficacy of the remote strategy program, internal communications and company-training program. Assisted in re-branding the Remote Workforce program

Utilize the in-house management training program as well vendor training; Twitter Flight School, New Media resources/Digital strategy/Programmatic buying

### **Actor/Comedian**

**Sep 1998/Present**

Written, performed and directed sketch comedy for The Straitjacket Society

Contributing writer to The Tonight Show with Jay Leno and Late Night in the Afternoon

Performed overseas with Comics On Duty more than 25 times for Operation Enduring Freedom and Operation Iraqi Freedom troops

SAG/AFTRA member - Commercials, Voiceovers, TV, Film, New Media and a Documentary

### **Davis Entertainment**

**Dec 2004/Jul 2017**

Provide Leadership and on-site program management during global events for Facebook, Colin Cowie Lifestyle, the PGA and ESPN\*

Supervise all in-field operational logistics for the Comics On Duty World Tour

Responsible for implementing international military tours produced in support of Operation Iraqi Freedom and Operation Enduring Freedom

### **BBDO Chicago/LA - PHD**

**Jun 1997/Jul 2006**

Assisted on the Chicago and Los Angeles desks, inputting and maintaining client Radio and TV buys

Negotiated Spot Radio and TV buys for Chrysler/Jeep/Dodge in Midwest and Plains States markets

## Education

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<b>Eastern Michigan University</b>	<b>1996</b>
B.S. Organizational Communication	
<b>UCLA Extension</b>	<b>2012</b>
Certificate of Design Communication Arts	
<b>NASM Certified Personal Trainer</b>	<b>2017</b>
<b>CPR/AED certified</b>	<b>2017</b>

## Skills/Interests

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Lacrosse player, Tennis hobbyist, 3-time marathoner, world-wanderer, voracious reader, green-thumbed and all-around tinkerer of tools

Media Ocean (Donovan Data Systems) competency

Microsoft Office Suite competency

Adobe Creative Suite competency

Standup comedian/comedy writer

SAG/AFTRA actor