

Samantha Bennett

Strengths and Qualifications

- Excellent organization skills
- Strong communication skills
- Quick learner
- Hard worker

Education:

2016-2018 **Bachelor of Education**
University of Ottawa

- Cumulative GPA of 3.8
- Practical experience teaching at Ridgemont H.S. and W.E. Gowling

2011-2016 **Bachelor of Science in Exercise Science**
Concordia University, Montreal, Quebec

- Cumulative GPA of 3.26
- Recipient of the *Marvin Cooper Award* for successfully overcoming adversity (2013)
- Captain of the Concordia Women's Rugby team (2014-2016)
- Recipient of the *Fittest Female Athlete Award* (2015-2016)

Work Experience:

2015 **Camp Counselor**
Montreal West Day Camp

- Collaborative team member with strong interpersonal communication skills and a positive outgoing attitude
- Developed session programs and planned activities appropriate for the group size and age

2014 **Supervisor**
Pro Sports Training

- Supervised 13-17 year old athletes during their workout sessions
- Ensured proper form and safety of all athletes
- Demonstrated exercises and drills appropriate to the athlete's needs

2011- 2012 **Camp Counselor**
City of Ottawa

- Collaborated with other councilors to create a safe and fun environment

- Booked day trips, made phone calls, sent faxes
- Taught various sports skills

Volunteer experience:

- 2017-2018 **Teaching Practicum**
W.E. Gowling Elementary School
- Planned and implemented lessons and unit plans for multiple subjects
- 2016-2017 **Teaching Practicum**
Ridgemont High School
- Coached Girls Volleyball and Rugby
 - Planned and implemented lessons and unit plans
- 2011 - 2016 **Rugby Coach**
Merivale High School & LDHSS
- Teaching the basics of rugby
 - Developing skills and abilities
 - Broadening the players' knowledge of the sport
- 2016 **Supervisor of Outdoor Ed Canoe Trip (3 days at Algonquin Park)**
LDHSS
- Supported high school students in accomplishing tasks
 - Ensured the safety of all students
- 2010- 2011 **Hockey Coach**
Nepean Girls Hockey Association
- Worked in a team environment to teach young skaters (ages 4-5 years) basic hockey skills

Skills and certifications:

Languages: English, French

Accomplishments:

Athletics

Competitive Hockey 1999 – 2011
Competitive Soccer 1999 – 2006
Competitive Rugby 2008 – current

University of Ottawa

RSEQ and USPORTS Rugby Gold Medalist 2017

Concordia University

RSEQ Rugby All-Star team 2012
4th place at CIS National Championships in 2012 and 2015 season

Merivale High School

Junior and Senior Female Athlete of the year 2009, 20011
Field Hockey Coach's Award 2008
Field Hockey MVP 2011
Rugby MVP 2011
Swim Team MVP 2010
Volleyball MVP 2009, 2011

