

Samantha Bennett

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Education:

- 2016-2018 **Bachelor of Education**
University of Ottawa
- Cumulative GPA of 3.8
 - Practical experience teaching at Ridgemont H.S., W.E. Gowling, and Longfields Davidson Heights Secondary School
- 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)
 - Recipient of the *Fittest Female Athlete Award* (2015-2016)

Practical Experience:

- 2018 **Longfields Davidson Heights Secondary School**
Biology
- Implemented lessons in grade 9, 10, and 12 Biology classrooms
 - Helped coach the Girls' Rugby team
- 2017-2018 **W.E. Gowling Elementary School**
Grade 6
- Planned and implemented lessons and unit plans for multiple subjects
- 2016-2017 **Ridgemont High School**
Health and Physical Education
- Coached the Girls' Volleyball and Rugby teams
 - Planned and implemented lessons and unit plans

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:

- 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
First Aid & CPR Certification (exp. Dec 2019)

Accomplishments:

Athletics	Concordia University
Competitive Hockey 1999 – 2011	RSEQ Rugby All-Star team 2012
Competitive Soccer 1999 – 2006	4 th place at CIS National
Competitive Rugby 2008 – current	Championships in 2012 and 2015
University of Ottawa	season
RSEQ and USPORTS Rugby Gold Medalist 2017	Captain of the Concordia Women's Rugby team (2014-2016)

References:

Esther Watson	Beverly Melymick	Nicky Texeira
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