

## Education

The University of Oregon  
School of Journalism & Communication  
Bachelor of Science in Journalism, Winter '18

## Athletic Experience

### Oregon Track & Field

#### 400 Hurdler & Heptathlete

Joined the team in the fall of 2016 as a 400-meter hurdler, began additionally training for the heptathlon in winter of 2018. Pac-12 All-Academic honorable mention in 2017 & 2018, MPSF All-Academic in 2018. Winner of the "Most Inspirational" award 2018.

### Lane CC Track & Field

#### 400 Hurdler & Heptathlete

Competed for Lane during the 2015 and 2016 outdoor seasons while dual-enrolled at the UO. Eight-time All-American, Southern Region Championship high-point athlete and Northwest Athletic Conference track athlete of the meet.

### Lane CC Soccer

#### Outside Defender/Forward

Played soccer during the 2014 and 2015 fall seasons. A two-time Northwest Athletic Conference academic excellence award winner, NWAC All Star for outstanding game play and the first athlete in program history to be named to the NSCAA Junior College Women's Scholar All-American team.

### Henry D. Sheldon High School

Six-sport athlete (soccer, cross-country, swimming, basketball, track & field and golf).

## Journalistic Experience

August '17–June '18 · **The Register Guard** · Part-time Sports Reporter  
Worked nights covering high school sports. Interviewed local coaches post-game and wrote concise recaps using AP Style. Also wrote agate of athletic events.

Fall '17–June '18 · **Oregon Athletic Dept.** · BeOregon Social Media Intern  
Created the Facebook and Twitter account for BeOregon (@BEOREGONducks). Served as the sole social media manager, planned and created all social media content. Twitter posts regularly reach 20,000 impressions.

Fall '17–June '18 · **Association for Women in Sports Media** · President  
In charge of organizing bi-weekly speakers and communicating with AWSM national, as well as contributing to social media platforms. Led the executive board and delegated workload. Meeting attendance increased 25 percent under my leadership. Hosted Kate Scott, Lewis Johnson, Yogi Roth, among others.

March '16–January '18 · **The Daily Emerald** · Sports Reporter  
Provided interesting and timely story pitches and wrote features within the range of 500–700 words. Occasionally pitched and wrote cover stories ~1,000 words. Primarily covered the beats of Oregon football and Oregon men's basketball. Attended regular press conferences and media scrums, and live-tweeted events.

Summer 2017 · Emeryville, CA · **Title Nine** · Social Media Intern  
Created a social media campaign titled, "#T9Triumph," including a video feature on a local customer and two written articles on former collegiate athletes describing their "#T9Triumph". Researched social media marketing analytics and strategies, as well as used Adobe InDesign to create a "T9 Social Media Toolkit," a booklet describing ways to improve each store's social media platforms.

January '17–June '17 · **TrackTown USA** · Social Media & Comm. Intern  
Wrote recaps of TrackTown Tuesday events and feature stories while covering track meets. Also produced 30-second video introductions for athletes at TrackTown Tuesday events, edited social media graphics using Photoshop and often ran social media platforms. Additionally, helped with set-up of track meets and conducted video interviews in the mixed zone.

Fall '16–Fall '18 · **KWVA** · Sports Reporter  
Covered Oregon athletics, producing audio recaps. Primary color commentator for 2016 and 2017 Oregon women's soccer games. Also, frequently on Quack Smack, a one-hour radio show talking everything Oregon athletics.

Winter '16–Fall '18 · **Duck TV** · Sports Reporter  
Covered Oregon athletics, producing video features, post-game packages and servings as an anchor during weekly shows. Also worked on the production side, operating the teleprompter, cameras and serving as a floor director.