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# KIERSTEN YUHAS

(240)-440-4998

[Kiersten.yuhas@live.longwood.edu](mailto:Kiersten.yuhas@live.longwood.edu)

6356 Knollwood Court  
Frederick, MD  
21701

## Profile

Throughout the last few years I have participated in many activities and had many jobs. For all 4 years of high school I helped out at soccer clinics and was a counselor/coach for the participating athletes. I have worked as a life guard at our local country club and have done many hours of community service. I also house/pet sit as well as babysit for my neighbors whenever I can to help them out.

## Experience

### **Holly Hills Country Club Certified Life guard; Frederick, Maryland 2019-Present**

Cleaned pool, watched over members who were swimming in the pool, open and closed the pool, put the chemicals in the pool.

### **House/ Pet Sitter; Frederick, Maryland 2018 -Present**

Watched over a house, made sure the dogs, fish and cat were fed and had water to drink. I also had to water plants and take care of different things inside the house.

### **Childcare Provider; Frederick, Maryland 2015- Present**

Porttitor mollis imperdiet libero senectus pulvinar. Etiam molestie mauris ligula laoreet, vehicula eleifend.

## Volunteer Experience

### **Oak View: Counselor After School Soccer Program; Bethesda Maryland, Winter 2016-2017**

Played with kids from a title 1 school and taught them soccer skills. I coached these kids and participated with them. I built relationships with the kids and helped them learn and grow as soccer players and as people.

### **Frederick Soup Kitchen; Frederick Maryland Fall 2016**

Served food to the homeless and then cleaned up after they were done eating. I also washed and dried dishes.

### **Special Olympics; White Tail, Pennsylvania Winter 2017**

Was a "coach" for the athletes participating, I took the participants up the lift and then met them at the bottom of the slope to take them to the Medal Ceremony.

### **FC Frederick Camp Counselor- Summer 2017-2018**

Was a camp counselor for a soccer camp. Took my group from station to station and made sure all the kids were safe, and didn't get hurt. I would help them with soccer skills and make sure they got back to their parents alright at the end of the camp (5-6 year old kids).

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### **Education**

Oakdale High School Graduate 2019, National Honors Society 2019, 4.0 GPA,

Extracurricular Activities include: varsity soccer (2015-2019), Varsity Tennis (2019), Unified Bocce( 2018,2019), SGA (2017-2019)

### **Skills**

People person, Motivated, Creative, Trustworthy, Confidence,

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