

Joseph W. Sheryak

SUMMARY

- Leader and strong team player
- Process driven in order to set and surpass goals
- Disciplined and always seeking further self-development
- Solution oriented to find practical means to reach positive results

EDUCATION

Hanover College - Graduation • May 2019

- Major: Kinesiology and Integrative Physiology- Dean's List (Winter 2016, Winter 2018)
- Concentration: Spanish
- GPA: 3.39

EXPERIENCE

Petroleum Supply Specialist - U.S. Army Reserves • May 2015- Present

- Advanced Individual Training Honor Graduate – Ranked second in graduating class
- Army Achievement Medal 2017
- Input test results into online system, delegating tasks from leadership
- Manage training for unit of 147 individuals

Sports Performance Intern- Hanover College • May 2018- August 2018

- Trained 7 teams, up to 110 athletes at one time
- Trained 5 individual clients weekly
- Optimized the organization of the weight room
- Development of a 23 page workout manual
- Evaluated Power 5 colleges to further enhance Hanover's program

Tutor and Study Group Leader- Hanover College • September 2017- Present

- Oversee study groups of up to 20 students for Introduction to Kinesiology and Integrative Physiology class
- Assist students in one-on-one tutoring for lab reports, studying, and class projects

LEADERSHIP

Hanover College Varsity Track • January 2016- Present

- Academic All-American and NCAA DIII Great Lakes All-Region (2017)
- Team Captain (2018)
- Four-year varsity team member (pole vault, 400 meter hurdles, 4x400, and decathlon)
- Decathlon and heptathlon record holder and All-Conference Honorable Mention (2017)
- Awarded Heartland Collegiate Athletic Conference Player of the Week (January 2018)

Vice President- Lambda Chi Alpha • September 2016- Present

- Vice President and executive committee (2017)
- Served as delegate for Stead Leadership Seminar (July 2017)
- Coordinated our annual donation for a family in need

Year2Persue Emerging Leaders • April 2016- January 2017

- Participated in leadership development sessions

Hanover College Varsity Soccer Team • August 2016- November 2016

- Earned bid to National tournament
- Received Academic All-Conference Award (2016)