

Bio:

I went to undergrad at the University of Missouri- Columbia. During my time there I was a student athletic trainer for the women's basketball and football programs, although they didn't have an undergrad program. I graduated with a BS in nutrition and Exercise Physiology and headed to Miami Florida to attend Florida International University to obtain my MS in Athletic Training in 2013.

Out of school I got a job as an assistant athletic trainer and instructor at Missouri valley college, an NAIA college with 1,100 student athletes. After 3 years at Valley I moved to Colorado Springs to work at UCCS with men's soccer and softball for 2 years.

