5451 Niagara Street Extension  
Lockport, New York 14094  
716-698-5930 quasta@tiffin.edu

**EDUCATION**

**Tiffin University** - Tiffin, OH May 2013 *Bachelor of Business Administration (3.97 GPA)*

*Major: Sports & Recreation Management*

*Concentrations: Athletic Administration / Sports Marketing /Recreation & Tourism*

**Lockport High School** – Lockport, NY 2009

*Honor Roll (4 yrs), Scholar Athlete, Three Sport Award (2 yrs)*

**EXPERIENCE**

**Tiffin University Athletic Department**

*Strength and Conditioning Assistant Coach (Internship)* Summer 2012

Assist in designing and supervising work-outs for football team

*Football Operations Recruiting Assistant (work study)* September 2012-present

Input data to Scoutware software and serve as ambassador for visit days

*Weight Room Monitor (work study)*  2010-2012

*Supervise facility during open work-outs*

**Wolf Pack Club Lacrosse, Toledo OH**

*Lacrosse Coach for Toledo Summer Leagues* Summer 2012

**Sharp Shooter Lacrosse Camp, Rochester NY** *Lacrosse Coach for Girls K-12* June 2012

**Rush Henrietta Camp, Rush Henrietta NY**

*Lacrosse Coach for Girls K-12* July 2012

**YWCA of Niagara – Lockport, NY**

*Sports and Recreation Coordinator*  Summer 2011

**Transit Valley Country Club – Amherst, NY**

*Lifeguard & Diving Coach* 2009-2010

**Vector Marketing Co., - Buffalo, NY**

*Sales Staff – Cutco Cutlery* Summer 2010

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**ACTIVITIES**

* NCAA Women’s Leadership Symposium (Boston, September 2012)
* Olympic Academic Experience (London, England - Summer 2012)
* Tiffin University Women’s Lacrosse Team (2009-present) – four year Captain
* NCAA Leadership Forum (2011)
* Student Athletic Advisory Club (2010-present)
* Sports Management Club (2011-2012)

**VOLUNTEER SERVICE**

* Earth Day Volunteer - Tiffin Parks and Recreation (2012)
* Make a Wish Foundation (2012)
* Soap for Hope (2012)
* Lacrosse lessons - high school students (2012)
* The American Society for the Prevention of Cruelty to Animals (2011)
* Lax4Life Fundraiser (2011)
* Relay for Life Fundraiser (2010)
* Walk for Breast Cancer Awareness (2010)
* Student Athlete Advisory Council – Eldercare Visits (2010)

**AWARDS AND HONORS**

* Independent Player of the Year for NCAA Division II (2012)
* First Team All-Midfield for NCAA Independent Teams (2012)
* Academic All-American Honors (2012)
* CoSIDA Academic All District Honors for At-Large Division (2012)
* NCAA Division II Leader in Goals Per Game for Women’s Lacrosse (2011-2012)
* NCAA Division II Leader in Goals for Women’s Lacrosse (2012)
* #2 in NCAA Division II in Ground Balls for Women’s Lacrosse (2012)
* Tiffin University Scholar Athlete of the Month (April 2012)
* Tiffin University Dean’s List (2009-2012)
* Capital One All Academia Team (2011)
* Tiffin University Presidential Scholarship
* Tiffin University Athletic Scholarship

**REFERENCES**

**Colleen Dixon**

Assistant Lacrosse Coach

Duquesne University

Pittsburg, PA

(814) 969-4565

**Heather Bitka**

Amherst, NY

Teacher

Charles Upson Elementary

Amherst, NY

(716) 998-9501

**Bonnie Tiell**

Associate Dean, Graduate Studies

Tiffin University

Tiffin, OH 44883

(419) 448-3261