

Sample Resume

Rachel Rower
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Education:

XYZ High School, Class of 2022

- GPA: 3.60/4.00
- SAT: 1300 (if applicable)
- ACT: 28 (if applicable)
- Intended College Major: Animal Science

Rowing Information:

Team Name: XYZ Rowing Club

Years Rowed: August 2018-Present

- 6k: 22:10.9
- 2k: 7:32.1
- Height: 5'8"
- Weight: 165lb

Achievements (optional):

- Competed at USRowing Youth National Regatta 2021
- Placed 2nd in the Women's Youth 8+
- XYZ High School Basketball & Tennis team
- Varsity letter in both

Organizations (optional):

- XYZ Key Club (2018-Present)
- XYZ Ambassador (2019)

Volunteer Work (optional):

- Habitat for Humanity volunteer (2019-Present)
- Girls on the Run mentor (2018-2020)
- Special Olympics volunteer (2017-2019)

Resume Tips

- Clean, concise, and short
- Use the same font, size, and organizational style throughout the resume
- Avoid going over one page - this makes it easier for coaches to keep track!
- Use verbs that capture attention and market yourself well
- Be truthful in your experiences
- Optional:
 - Professional photo of yourself
 - Skills, extracurricular organizations, volunteer work, etc.

****Use this opportunity to display that you are a well-rounded student that can balance academics, sports, and other activities in college.****

Headshot Examples:

