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# Suzie Ponce

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## OBJECTIVE

To pursue a degree in Kinesiology with the goal of becoming a specialized athletic trainer, using my passion for sports and fitness to help athletes optimize their performance, prevent injuries, and aid in recovery, helping them to achieve their goals.

## EDUCATION

### Saint Joseph Highschool, Lakewood, CA

June 2021 - June 2025

- Cumulative GPA of a 3.74
- Honor's Student
- Advance Placement Student

## LEADERSHIP EXPERIENCE

### U.S. Taekwondo Academy — Leadership Team

January 2018 - April 2021

- Assisted in refereeing sparring matches, ensuring a fair and safe environment for competitors
- Supported lower belt students by teaching techniques, guiding their progress, and reinforcing core principles of respect and discipline in Taekwondo

### U.S. Taekwondo Academy — Demonstration Team

January 2018 - April 2021

- Actively participated in performances showcasing forms (poomsae) and weapon techniques, including nunchucks

- Worked closely with teammates to execute synchronized routines, highlighting discipline, precision, and technical skills of the academy

### **Dog Sitting**

August 2024-August 2024

- Taking care of my sister's dog while she was on vacation
- Ensuring he was walked and fed and the proper hours
- Providing enrichment through play and training

### **Basketball Leader**

August 2024-October 2024

- Communicating with my team to provide headcount for practice
- Supporting a structured environment and ensure organized sessions
- Encouraging fellow athlete engagement

## **ACTIVITIES**

### **Animal Welfare Club** — *Member*

August 2021 - June 2022

- Participate in initiatives to raise awareness for animal rights
- Partake in discussion of current events involving protection of endangered animals

### **Girls Athletic Association**— *Member*

August 2021 - June 2022

- Promote sponsorship to all student athletes
- Create a safe environment for students athletes to ask questions

### **Black Girls United**— *Member*

August 2023 - present

- Contribute to meaningful discussion regarding racism
- Discuss issues of racism both on social media and on campus
- Create a supportive space for girls to share their experiences and thoughts
- Act as advocates for change

**Apex Volleyball Club, Seal Beach**—*Team Member*

November 2023-June 2024

- Participated in competitive training
- Showed encouragement for my fellow teammates

**Mizuno Volleyball Club, Long Beach**—*Team Member*

November 2024 -June 2025

- Participated in competitive training
- Showed encouragement for my fellow teammates

**Varsity Volleyball, Saint Joseph High School**- *Team Member*

2023-2025

- Actively participate in practice and gameplay
- Promote teamwork and build school spirit

**Varsity Beach Volleyball, Saint Joseph High School**- *Team Member*

2021-2025

- Actively participate in practice and gameplay
- Use my indoor volleyball knowledge and transfer it over on to the sand

**Varsity Basketball, Saint Joseph High School**- *Team Member*

2021- 2025

- Contribute to a competitive and positive team culture
- Gained leadership skills through helping organize practices

**VOLUNTEER EXPERIENCE**

**Donations** — *Frequent Donator*

Jan 2020 - Present

- Support others in need by donating books, clothing, and other essential materials
- Support those locally in my community of Manhattan Beach, CA also abroad in countries such as Mexico and Peru

## **Champion Performance Academy, Lawndale, CA** — *Athlete Volunteer*

Jan 2023 - PRESENT

- Assists in sessions with younger athletes ranging in ages 10-15
- Demonstrating techniques and organizing drills
- Creating a supportive environment that promotes encouragement, teamwork, and skill development

## **AWARDS**

- Algebra 2-Outstanding Student Award 2023
- Saint Joseph High School Volleyball- Defensive Player of the Year 2022
- Saint Joseph High School Basketball- Coaches Award 2021
- Saint Joseph High School Basketball -The Hustle Award 2023
- Saint Joseph High School Beach Volleyball-2nd Team All-league 2023
- Saint Joseph High School - Scholar Athlete Award 2022, 2023,2024

## **SKILLS**

- Proficient in Google applications such as slides and sheets
- Excel in stressful environments
- Effective team player who values collaboration and supports others goals
- Adaptive leader who steps up when needed to motivate others