

Erin Keown

Engineering Student at Colorado State University
High School Weighted Cumulative GPA: 4.212
High School Unweighted Cumulative GPA: 3.769

EXPERIENCE

Assistant Swim Coach, Fort Collins Area Swim Team — *Fort Collins, CO*

SEPTEMBER 2021 - PRESENT

- Coaching advanced stroke techniques and working with kids ages 9-15 to develop faster strokes and an element of team in their chosen sport.
- USA Swimming certified coach (in progress)
- Building character and excellence with skills that can easily be translated to work in and out of the water.

Assistant Women's Swim Coach, Liberty Common High School — *Fort Collins, CO*

SEPTEMBER 2021 - PRESENT

- Coaching advanced stroke techniques and writing sets in preparation for championship meets.
- Patriot League Conference champions 2022
- CHSAA certified coach

YMCA of Boulder Valley, Lafayette, CO — *Lifeguard*

OCTOBER 2020 - PRESENT

- Ensuring patron safety on the pool deck and performing inservice practice rescues in preparation for real situations
- Keeping the pool area clean and sanitary during COVID-19, and checking for the correct chemical balances in the pool
- First Aid, emergency oxygen, and CPR/AED certifications

YMCA of Boulder Valley, Lafayette, CO — *Swim Instructor, Levels 3-10*

FEBRUARY 2020 - PRESENT

- Coaching between ages 3-13+ in basic swim and water safety skills, and developing stroke technique.
- First Aid, emergency oxygen, and CPR/AED certifications

Rock Creek Flyers, Superior, CO — *Swim Coach Lvl. I*

APRIL 2019 - AUGUST 2019

- Coached between ages 3-13+ basic swim skills, stroke development skills in stations 6-8.
- First Aid and CPR/AED certifications

Rally Sport Aquatics Club, Boulder, CO — *Lifeguard*

JUNE 2018 - AUGUST 2018

- Ensured patron safety on the pool deck, providing first aid for small injuries, making sure the pool area and locker rooms are clean
- First Aid and CPR/AED certifications

Fairview Robotics, Boulder, CO — Safety Captain

OCTOBER 2017 - MAY 2018

- Ensured shop safety and the use of personal protective equipment while using power tools and working in the shop

EXTRACURRICULAR ACTIVITIES

Elevation Athletics/Fairview Girls Swim and Dive, Swim team — Boulder, CO

CURRENT TEAM

- USA Swimming/CHSAA
- Athletic Letter Award** (Grades 9,10,11,12) - Varsity Women's Swimming
- Superintendent Honor Roll** FHS Swim and Dive State Champions Honor and Award
- NISCA Academic All American** Maintained a GPA of 4.0 or higher while swimming on the women's varsity team for 4 years

Robotics, Fairview High School

TEAM UNTIL MAY 2019

- FIRST Robotics, Fairview's Black Knights
- Colorado Regional FIRST Robotics Competition 2017** 6th place

COMMUNITY INVOLVEMENT

Vice President of the CSU Club Swim Team — April 2022 - Present

- Help with season planning
- Step in as coach when needed
- Design apparel and work with companies for equipment
- Assist the President
- Help sustain a welcoming environment and a supportive, engaging, happy team

Heart Strides — October 2014 - May 2016

- Non profit that provides running gear and support for moms who have children with disabilities, and are paying medical bills for their care.

EDUCATION

Colorado State University, Fort Collins, CO

AUGUST 2020 - GRADUATION MAY 2025

- BS in Biomedical and Mechanical Engineering**, graduation in 2025

Fairview High School, Boulder, CO

AUGUST 2016 - MAY 2020

- Graduated, **high school diploma**

- **NISCA Academic All American** Maintained a GPA of 4.0 or higher while swimming on the varsity team for grades 9,10,11,12
- **Honor Roll** (7th-12th grade)
- **Concertmaster Violin** (9th, 11th grade)
- **SAT 1310**

SKILLS

Languages

PRESENT

- **English** - first language
- **Spanish** - advanced proficiency

Technology

PRESENT

- Excel spreadsheets and data entry
- Arduino hardware and basic MATLAB programming
- Machining experience with drill press, table saw, horizontal/vertical band saws, CNC machine, South Bend Lathe, vertical milling machines

Other

PRESENT

- **Art** - commissioned, realism artist, pet portraits in colored pencil and pitt pastel
- **Swimming** - College Club Swimming Nationals Qualifier (placed top 20 and top 15 in breaststroke 2022), sectionals qualifier, high school varsity team