

Angela Mary Erdmann

EDUCATION

Doctor of Chiropractic, Lifewest Chiropractic June 2018- June 2021, Cum Laude
Part I, II, III, VI boards completed & CA license & malpractice insurance
Bachelor of Arts, University of California, Santa Barbara
Major: Communication Graduated: June 13, 2004
Associate degree, Liberal Arts, North Dakota State College of Science, 05/02.
President's Honor Roll '02
Moorhead Senior High School, MN graduated: June 2000.

EXPERIENCE **Doctor of Chiropractic /Personal Trainer, The Training Room, SB, CA 06/11-06/12. Jan 2022-March 2023.**

Banquet Server, Hilton Beachfront Resort, SB CA 05/23-present.

Assistant Food & Beverage Manager, Hilton Beach Front, SB CA 01/22-05/2023.

Sales Associate, Victoria's Secret, Santa Barbara, CA 01/2022-current.

John Casablancas: Model and Talent Management: Singer/Model 8/1/21-current.

Talent Agent: Stephenie Patrick: stephenie.p@mtmagency.com (972)-741-4939.

Sales and Support Generalist, Victoria's Secret, Newark, CA 08/2019-06/2021.

Victoria's Secret Pink, Bloomington, MN. 06/2021-12/2021, 11/16-6/26/2018.

- Greets customers, handles cash wrap, bra fittings, gives five star service to all.
- Organizes bins, floor, and provides extraordinary customer service.

Cycling Instructor, YMCA, City Sports/LA Fitness Santa Barbara, CA 01/17-current.

- Instructs classes with live music, microphone and helps people stay fit.

Healthy Living Coach, Cycling Instructor, YMCA Fargo ND. 06/12-1/01/17.

- Organized activities in the Xerzone for children and teaches them healthy lifestyles.
- Opened the club, checked in members, signed up kids for youth programs.
- Helped members reach their goals and dreams.

Restaurant Supervisor- Basie's Ramada, Fargo, ND 06/15- 1/1/17

- Supervised fine dining restaurant, greeted tables, and provided VIP service to all.
- Wedding party reservations, food runner, server, and helped in every aspect of the restaurant.

Dr. Toutges, DDS- Intern/ Assistant- 03/2015-per diem.

- Assisted, observed fillings, crowns, extractions, and learned to sterilize equipment.

Physical Therapy Aide- Elite Performance and Rehab- SB, CA. 03/13-05/13.

- Guided patients through exercise routines and helps them to recover from sports injuries.

Cross Country Coach- Laguna Blanca High School, SB, CA. 08/11- 11/11.

- Motivated kids to reach their maximum potential using positive encouragement, circuit training, and running workouts.

Personal Trainer- Spectrum Athletic Club, SB, CA 08/06- 05/12.

- * Sold over \$100,000 in training packages and has been the top trainer of the month numerous times.
- * Designed and implemented programs for clients to enhance performance.

Volleyball Coach- Santa Barbara Volleyball Club, Santa Barbara, CA 11/04- 05/2013.

- Delivered speeches to players and parents throughout the season.
- Organized and coordinated tourney weekends, hotel arrangements and drivers.
- Helped players reach their maximum potential in sport & academics

Production Assistant/News Intern- KEYT News, SB, CA. 06/03-11/04, 01/05-01/06.

- Assisted with the Michael Jackson trial and wrote live breaking news for anchors.
- Practiced live shots with Sports Director, Mike Klan at the AVP volleyball matches and local football games.

- *Interviewed, wrote, and edited stories for news anchors.*
- *Controlled audio, prompter, and cameras for the live morning show and evening news. ENPS experience.*
- *Attended morning meetings to develop news content and story ideas.*
- *Searched the tape files for videos to illustrate facts and ideas for stories.*
- *Interviewed local community members such as Mayor Marty Blum and professional beach volleyball players to create hard and soft news stories.*

CERTIFICATIONS Certified Strength and Conditioning Specialist: Part 1, Certified Personal Trainer NASM-CPT, Les Mills RPM Instructor 10/1/22-current, IFTA Cycling Instructor, NASM-PES, CPR, First Aid, AED

ACTIVITIES John Casablancas Model/Actress/Singer 08/21- current.

Children's Cancer Research- Boston Marathon 2020 virtual, Boston Marathon 2019, NYC Marathon 2020 virtual, 2016, 2018, Grandma's Marathon 6/16/2018, Twin Cities Marathon 10/17, Vikings 5K 9/17. Time to Fly, 1st place 9/17.

- ***NPC Bikini competitor-*** 6/14-current. 10x National Competitor.

Leukemia and Lymphoma Society's Team in Training- 01/08- 11/1/2021.

- Marathon PR: 3:13. 26x marathon finisher. Has fundraised approximately \$25,000 and ran in the following marathons with LLS: NYC Marathon 11/4/2018 & 11/6/16. Carlsbad Marathon 1/17/2015 and Boston Marathon 2009 & 2016. Chicago Marathon 2018, 10/19/2015, Dick Beardsley Marathon, 09/15, Fargo Marathon 5/9/15, 3:23:20, Washington D.C 3:51:20, 3/14/15, San Diego Rock N Roll 6/01/2014. 3:51, Disneyland 1/2 Marathon 2014, Boston 4/20/09, 3:13:59, San Francisco Nike Women's 10/19/09 and 10/19/08, 3:13:07, 2nd place. Mayors Marathon, Anchorage, AK. 6/21/08, 3:22:56, 2nd place.