

# NOLAN RUSSELL

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*A hard-working, dedicated, and conscientious individual with a drive to succeed.*

## WORK EXPERIENCE

**JANUARY 2006 – APRIL 2015**

**NEWSPAPER CARRIER, BURLINGTON POST**

- Assembled and delivered 30 papers for The Burlington Post 3 times per week
- Collected money at the end of each month

**AUGUST 2015 – AUGUST 2022**

**LEAD KITCHEN CLOSER, MCDONALD'S**

- Responsible for leading daily kitchen closing responsibilities and ensuring all overnight tasks are completed
- Maintain cleanliness through sweeping floors, changing the garbage, cleaning dishes, and sanitizing surfaces
- Demonstrate and explain closing responsibilities to newer employees

**SEPTEMBER 2020 –**

**WRITER AND HEAD OF HOCKEY DEPARTMENT, OVER THE LINE SPORTS**

- Write, edit, and publish articles for newly formed, student-run, sports journalism website
- Work with aspiring journalists to help improve their writing skills
- Responsible for motivating hockey writers to consistently produce articles
- Organize a schedule for hockey articles to be released
- Ensure articles are edited and published in accordance with the schedule
- Cohost, editor, and social media manager for the website's basketball podcast
- Here is a link to one of my articles <https://overthelinesports.ca/nolan-russell/f/what-if-michael-jordan-and-the-bulls-kept-dancing>

## VOLUNTEER EXPERIENCE

**DECEMBER 2017 – APRIL 2018**

**DRILL ASSISTANT, BURLINGTON YMCA'S YOUTH BASKETBALL ASSOCIATION**

- Organized and conducted basketball drills for roughly 40 kids, ages 6-13
- Helped teach fundamentals to players of varying skill levels
- Performed any miscellaneous duties needed to assist the instructors
- Refereed exhibition games at the end of each session

**DECEMBER 2015 – FEBRUARY 2016**

**JUNIOR BASKETBALL HEAD COACH, ST. JOHN ELEMENTARY SCHOOL BURLINGTON**

- Guided and taught 12-14-year-olds the fundamentals of basketball
- Motivated a desire for success
- Encouraged the importance of good sportsmanship, dedication, and teamwork
- Evaluated the skill level of players to determine game strategies and practice plans

## **EDUCATION**

**2014 – 2018**

**ALUMNUS, ASSUMPTION CATHOLIC SECONDARY SCHOOL**

- Graduated June 2018
- Honor Roll 2015-2018
- Recipient of Brock Scholars Award for 90% admission average

**2018 – 2022**

**SPORT MANAGEMENT GRADUATE, BROCK UNIVERSITY**

- Business Degree with Sales, Marketing, and Finance Focus
- Minored in Film Studies
- Electives in Accounting, Statistics, and Economics
- Maintained Brock Scholars Award with above 80% average each semester
- Residence Awards nominee 2019

## **SKILLS AND ATTRIBUTES**

- Gifted Writer
- Natural Leader
- Positive Attitude and Behaviour
- Trustworthy and Reliable

## **INTERESTS AND HOBBIES**

- Participate in a large variety of sports (hockey, basketball, badminton, soccer, football, tennis)
- Served as alternate captain for Burlington Bulldogs Select Hockey Team 2015-16
- Love to read books and write stories
- Enjoy travelling and learning about other places and cultures
- Avid watcher of sports and movies
- Review and rate movies on Letterboxd <https://letterboxd.com/nolan9/films/reviews/>

## **REFERENCES**

Ravi Krishnan

Burlington Bulldogs Hockey Coach (2012-2016)

Regional Director, Canada – Bath & Body Works

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