

Kelsi R. Frank

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Profile

I have the ability to communicate and relate to all students. I always get to know my student-athletes and their learning styles before conducting our goals. I try to make learning fun and give my student-athletes a voice and choice. Coaching and sports are a part of my every day life, and being a great leader/role model to my athletes.

Education

08/2020-Expected Completion Date: 05/2022

- **Masters of Arts in Education:** Concentration: P-12 and Postsecondary Leadership & Sport Coaching and Leadership, Michigan State University, MI

08/2012 – 12/2015

- **Physical & Health Education: Grades P-12,** Indiana University Purdue University-Indianapolis, IN

08/2010-05/2012

- **Physical & Health Education: Grades P-12,** Northern Illinois University, DeKalb, IL

Work History

08/2018-Current **Chicago World Language Academy (formally known as: Andrew Jackson Language Academy),** K-8th Grade Physical Education and Health Education teacher. Understanding the major concepts and skills of the sports or activities to help them become successful and build team works skills with classmates. With 6-8th Grades, I am teaching personal fitness and wellness, goal setting, and writing a fitness plan for the rest of the class and teaching it. I also coach the cross country, volleyball, basketball, and track team at the school. Also, I am the school Athletic administration. I Organize all eligible student athletes, rosters, practices, and competitions.

07/2017-08/2018 **Warren Central High School,** 9-12th Grade Physical Education I and II. Also, I taught one section of Athletic Weights (All grades) and Lifetime Fitness

for grades 10-12. I taught Leadership and Personal Fitness. Leadership skills and Co-operative skills are essential for students to have in the world of work. Cooperative games and initiative games are designed to require students to work and cooperate with one another, in order to solve a problem or succeed as a team the first week of the zone. The last three to four weeks are individual S.M.A.R.T Goal setting focused on one health related or wellness goal the student want to improve on to become a happier, healthier, and overall well balance person. Helping students hit their fitness goals I taught the students the 3 different types of fitness concepts: Aerobic fitness, Strength training, and Flexibility. Teaching students the different between whole group fitness station rotations, individual fitness planning during semester.

07/2016-05/2017 **Eastridge Elementary School**, K-4th Grade Physical Education and Health Education teacher. Also, I teach two classes of adapted PE for special education students. I taught multiple skills from variety of sports for special education and K-2nd grades. Understanding the major concepts and skills of the sports or activities to help them become successful and build team works skills with classmates. With 3rd and 4th grade I taught healthy eating habits, lifelong physical activities, and Team sports to help them prepare for Physical and Health education classes in middle school.

03/2014 – 08/2015 **IUPUI OTEAM Leader (Post-secondary Education Students)**, Help to assist incoming freshman, transfer, and international students with transition to IUPUI's college experience. Duties include organizing paper work on students, assist on scheduling classes, knowledge of what the university has to offer, building relationships with students and co-workers, and mentoring students first semester at IUPUI and teaching sections of First Year Seminar Courses.

Other Work History

08/19- Current **Girls Head Track Coach** (Grades 9-12), Lane Tech High School. Duties include preparing workouts for practice, organized team dinners, signing up for meets, coordinating with assistant and boys coach paperwork for the athletes, creating positive team atmosphere, and expanding the athletes knowledge on the sport.

02/2016-07//2018 **Girls Assistant Track & Cross Country Coach** (Grades 9-12th), Warren Central High School, Duties include preparing workouts for practice, coordinating with head coach and keep record for all top times in each event, organize girls into small groups during practice to practice block starts and hand offs for relays, creating positive team atmosphere, and expanding the athletes knowledge on the sport.

02/2016-05/2016 **Girls Assistant Track Coach** (Grades 6-8), Chapel Hill 7th & 8th Grade Center. Duties include preparing workouts for practice, coordinating with head coach and boys coach paperwork for the athletes, creating positive team atmosphere, and expanding the athletes knowledge on the sport.

01/2016-5/2016 **Lynhurst 7th & 8th Grade Center**, Special Education Paraprofessional for the 7th Grade level. Duties include working with students with disabilities be a part of the general education classroom, inclusion, assist the classroom teachers (i.e. Language Arts, Social Studies, Science) work in the Student Success Center, Deliver testing accommodations, working in small group activities related to the content in the classroom, and working with individuals in the sensory lab.

01/2015-12/2016 **Maple Park Village Nursing Home**, Activities Assistant on the weekend. Duties include calling bingo numbers, bus rides, traveling with residents to sporting events, helping set up for church, and organizing information about residents in files.

07/2015-10/2015 **Girls Head Cross Country Coach** (Grades 6-8), Chapel Hill 7th & 8th Grade Center. Duties include preparing workouts for practice, organized team dinners, signing up for meets, coordinating with assistant and boys coach paperwork for the athletes, creating positive team atmosphere, and expanding the athletes knowledge on the sport.

12/2010-05/2013 **Westfield High School Volunteer Track Coach** (Grades 9-12), Westfield High School. Duties include correcting and building on block starts, relay hand-offs for the 4X100, 4X400, and DMR relays, help in planning 400,800, and 1,500 meter runners workouts, High Jump and Long Jump Training.

Relevant Training Courses

Certified in Suicide Prevention, CPR, First Aid, and AED

Athletic History

07/2010-05/2012 **Northern Illinois University**, A member of the Huskies Girl's Cross Country and Track team. Track events ran included 400, 600, 800, 4x400 meter relay, and DMR. I transferred out of NIU after a major knee injury that happened to me during my sophomore year of Cross Country in September of 2011. Decided to come back to Indianapolis finish degree at IUPUI and use my talents to teach and coach the students in the urban community and give them the tools to help them achieve their dreams of becoming successful student-athletes in high school and beyond.

08/2006-05/2010 **Sacred Heart-Griffin High School, Springfield, IL**. I ran cross country and track all four years of high school. Freshman year was my first year running cross country to build my endurance for the track in the spring and also help my allergy induced asthma. I started my freshman year track season running the 400 meter dash, 4x200 meter relay, and 4x400 meter relay. Also, I competed in the High Jump and Long Jump. After my freshman year track I slowly progressed into mid-distance events and specialized in the 400 meter dash, 800 meter dash, 4x400 meter relay, and 4x800 meter

relay. I qualified for state all four years in cross country with my team and won the Illinois Cross Country Class 2A Championships back to back in 07-08 & 08-09. I qualified for Track & Field (3 times) state series in the 4x800 meter relay and placed twice 08-09 (4th place) and 09-10 (5th place).

I was a well-rounded runner from distance to sprints. I know how much time, effort, and dedication it takes to reach the next level. I want to share my experiences and knowledge to help create a program that produces not just successful athletes, but also a successful individual in the classroom so they can have a future outside of athletics.

References

Dr. Marilou Rebolledo

Principal at Chicago World Language Academy

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PE Teacher at Lynhurst 7th & 8th Grade Center (Student Teaching Supervisor)

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