

CHERYL ANN ELIZABETH BLENK
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17 Frederick Lane
Scarsdale, New York 10583
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Work Experience

**Cheryl Blenk Athletic Training
present**

November 2005-

Owner

Responsibilities include:

Designing and implementing strength and conditioning programs for a broad spectrum clientele base, sports programs, and teams.
Provide nutritional coaching and diet programs for an array of clientele
Design and implement post rehabilitative programs for post operative and non operative conditions as referred to by physicians and physical therapists.
Consulting for various hospitals, physical therapy settings, and fitness facilities.

**Empire Swim Club
Head Strength Coach / Athletic Trainer**

August 2012-present

Responsibilities include:
national level

Designing and implementing a dryland program for the senior and team of Empire swim club, age from 14-18 years old.

Assistant Senior Swim Coach

Responsibilities include:

Overseeing the in-water training as well as dryland training of the Senior team, and accompanying them at various national swim meets in the US.

**Nike Peak Performance Swim Camp
Strength Coach / Swim Coach / Athletic Trainer**

July 2009 – August 2013

Responsibilities include:

Designing and implementing the dryland program for the 20 swim camps held nationally and internationally.
Instruct the swimming component of the camps teaching swim technique and form as guided by former Olympic Coach, Nick Baker.
Wrote the strength and conditioning chapters for the book, *The Swimming*

**Greenwich YMCA Marlins Swim Team
Head Strength Coach / Athletic Trainer**

July 2009- August 2012

Designing and implementing a 9 -tiered dryland program directed toward children that ranges in age from 8 years old to 18 years of age.

Norwalk Fitness and Tennis

Head Athletic Trainer / Fitness Consultant

March 2006- Sept 2007

Responsibilities include:

Implementing a blended strength and conditioning program for the youth, with a high-performance tennis program
Create and expand the personal training program for children and adults.

Equinox Fitness Co. NY, NY

National Manager, Equinox Fitness Training Institute **Jan. 2005 – Oct. 2005**
Responsibilities include: Create, implement and manage the educational curriculum for the personal training staff encompassing over 32 clubs nationwide employing 1000 trainers. In house course was accredited by the National Academy of Sports Medicine.

La Palestra Center for Preventative Medicine, NY, NY **June 1998- Jan. 2000**
Medical Coordinator / Senior Athletic Trainer
Responsibilities included: Creating and implementing a management system to induct new clientele into the preventative medicine center.
-Creating and managing a fiscally beneficial relationship between multiple allied health professionals and the fitness club.

Chelsea Piers Sports Center, NY, NY **June 1997 –June 1998**
Post Rehabilitation Coordinator / Athletic Trainer
Responsibilities included: Overseeing the transition of patients being discharged from the Hospital for Special Surgery's satellite rehabilitation center to participate at the Sports Center in a supervised strength and conditioning program.
Designing and instructing a continuing education curriculum for all personal trainers to properly strength and condition patients with orthopedic concerns.

New York Athletic Club, NY, NY **1992 – 1998 season**
Head Athletic Trainer NYAC Lacrosse / Sports Medicine Director
Responsibilities included: Designing pre, during and post season strength and conditioning programs for all athletes.
Providing medical coverage to NYAC's traveling lacrosse team.
Overseeing the sports medicine clinic and providing assessments and care to all club members.

Hospital for Special Surgery Sports Medicine & Research Center, NY, NY **June 1991- June 1996**
Senior Athletic Trainer
Responsibilities included: Providing rehabilitation to post operative and orthopedic patients with a team of sports medicine specialists.
Providing medical coverage to various high schools under contract with the hospital including: ***The Chapin School, Horace Mann High school, and Fieldston School.***

Medical Coordinator for PSAL Football League
Responsibilities included: Managing and coordinating the medical coverage by athletic trainers and residents of 32 high school football teams.

Educator / Instructor
Responsibilities included: Coordinating and instructing the "Medical Aspects of Coaching Course" designed to teach coaches first aid procedures and knowledge in addressing athletic injuries.
lecturing at various Hospital sponsored conferences and courses directed towards physical therapists, athletic trainers, and allied health professionals.

Association of Volleyball Professionals, Culver City, CA **1991, 1992 season**
2-Man Pro-beach Volley Ball Tour
Head Athletic Trainer

Responsibilities included: -Providing medical coverage to 120 professional volleyball players, and designing all rehabilitative strength and conditioning programs to injured athletes.

Education

Bachelor of Science: Physical Education with a concentration in Athletic Training

University of New Hampshire, 1989

Masters of Science: Teaching: Secondary Education: Biology

Iona College, May 2005

Masters of Science: Nutrition

University of Bridgeport; pending 2020

Certifications

Certified Athletic Trainer

National Athletic Training Association, 1991 (current)

New York State Licensed

Certified Strength and Conditioning Specialist

National Strength and Conditioning Association, 2002 (current)

First Aid and Automatic External Defibrillator Certified (AED), (current)

CPR: Adult and Child (Red Cross certification) (current)

First Aid, (current)

USA Swimming Coaching Certification, Level 2: 2012- present: (current)

Associated Accomplishments:

Named Sponsored Athlete of the Year by Athleta, 2013

NYC Marathon 1998, 1999

"Swim Across America" annual 4 mile swim: 1995 – 2008, 2012-2019 6 mile swim: 2004 , 2009, 2010, 2011.

Jarden Westchester Triathlon Rye 6 time competitor

Escape the Cape Triathlon 2018, *4th place age group division*

Harriman Triathlon Series 2004, 2012 2nd, 2013 2nd, 3rd.

Half Ironman: Mightman Montauk NY 2004 competitor

SOBE Mossman Triathlon 2007, *4th place age group division*

Darien Sports Shop ITPman Triathlon 2007 , *3rd place age group division*

12th Annual Long Island Gold Coast Triathlon 2008, *3rd place age group division,*

SOBE Mossman Triathlon 2008, *3rd place age group division*

Tuckahoe Sprint Triathlon 2008, *1st place age group division*

Darien Sports Shop ITPman Triathlon 2008 , *1st place age group division*

13th Annual Long Island Gold Coast Triathlon 2009 *3rd place age group division*

Maine 70.3 2018 (Top 10 overall finishers) Aqua-bike division

SOBE Mossman Triathlon 2009, *3rd age group division*

Stamford Kic-it Triathlon, 2nd place 2013

14th Annual Long Island Gold Coast Triathlon 2010, *1st place age group division,*

Nautica NYC Triathlon 2009 *11th in age group,*

Nautica NYC Triathlon 2012 *10th*

Maryland Eagleman half ironman 2013

Target Training Sprint Triathlon 2012, *1st place age group*

New Hampshire Timberman half ironman 2014