

Sarah E. Brackmann

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EDUCATION

The University of Alabama, Tuscaloosa, Alabama
Masters of Human Performance: Exercise Science

December 2017

University of Illinois at Chicago, Chicago, Illinois
Bachelor of Science: Kinesiology, Minor Human Nutrition

August 2012

EXPERIENCE

Fitness Services Manager

December 2016 to Present

Mountain Brook Club: Mountain Brook, Alabama

- Directly supervise 23 independent contractors, 2 full-time staff, and 8 part-time staff.
- Train and hire exceptional staff to represent Mountain Brook Clubs culture and standard
- Coordinate a monthly staff schedule for front desk
- Maintain correction of staff time in JONAS and runs bi-weekly payroll reports
- Manage a group exercise schedule of 43 classes per week with a zero percent cancellation rate
- Maintain all fitness equipment in building including machines, water fountains, stereos, and lockers
- Supervise the ordering of additional items for the facility such as towels, office supplies, cups, beverages, and protein powder to meet par levels
- Manage monthly billing of fitness services for group exercise and kids club fees
- Develop new programming ideas with Fitness Director to engage member participation
- Help organize fitness certification courses for group exercise instructors to expand their skill set
- Organize semi-annually CPR/AED/First Aid course at the club for employees and members
- Design promotional materials for fitness department such as weekly email newsletter, signage for programs or change in hours, and pamphlets of services
- Provide fitness orientations for members who are new to our facility
- Aided in providing two new group exercise programs to our schedule (Tai Chi and TRX classes)
- Conduct quarterly staff meetings to review departmental changes, upcoming events, and building team morale
- Managed Kids Club operations prior to hiring a Kids Club Coordinator
- Create a cohesive culture between different departments in our facility: Fitness staff, personal trainers, group exercise instructors, massage therapists, kids club staff, and tennis staff
- Attend quarterly fitness committee meetings to share updates in our department
- Assist the Fitness Director with additional projects and special events
- Provide 8-10 hours a week of personal training for members to help achieve their health and wellness goals
- Teach 3 group exercise classes a week and fill in any gaps in the schedule as needed

Graduate Assistant-Aquatics

June 2016-December 2016

The University of Alabama: Tuscaloosa, Alabama

- Assisted in managing 60 lifeguards and 12 supervisors
- Monitored and scheduled Bama Swim School's swim lessons
- Planned and led monthly in-service trainings for aquatics student staff
- Hired and trained new student employees
- Planned and executed themed family nights for the patrons

Personal Trainer

September 2015-December 2016

The University of Alabama: Tuscaloosa, Alabama

- Developed an individualized program for each client based on their goals
- Reevaluated goals monthly to assess their progress
- Instructed and guided clients through proper exercise routines
- Educated clients on basic nutrition to assist in their fitness goals

Facilitator, Air Force Academy

June 2015-August 2015

Educational Advantage Inc.: Chicago, Illinois

- Managed 3 cohorts of 40 participants ages 16 to 20 years old
- Lead workshops to cohorts focused in job readiness skills, communication, interview skills, and career exploration
- Helped each participant successfully complete a resume of their past experiences and their current summer placement
- Administered pre and post tests to track the participants improvement over the program
- Abided by the Chicago Housing Authorities rules for their 6 week summer job program

Program Coordinator, Wells Community Academy High School

August 2014-August 2015

Case Manager, Wells Community Academy High School

August 2013-August 2014

Union League Boys & Girls Clubs: Chicago, Illinois

- Communicated with Wells H.S. school staff and teachers to understand off-track students needs
- Collaborated with community partner organizations including Youth Guidance, After School Matters, and Gear Up in the school for student success
- Worked one on one with off-track students through mentorship and resource allocation
- Oversaw program leaders and aide in program planning to reach organizations outcomes
- Assisted in leading staff weekly meetings to assess program success, attendance, and challenges
- Collected and managed data for site specific grants to increase high school graduation rates
- Aided in budget management for our club site
- Instructed trainings for staff to help them develop their leadership skills
- Planned workshops and events for students based on healthy lifestyles, academic success, and good character & citizenship

Corps Member, Chicago Vocational Career Academy

July 2012-May 2013

City Year Chicago: Chicago, Illinois

- Oversaw a group of 20 students focusing on attendance, behavior, and course performance growth
- Provided 1 on 1 and small group tutoring sessions in and out of the classroom
- Planned and lead family engagement nights for the school
- Mentored the freshman to make positive life decisions

Student Manager

August 2011-August 2012

Recreation Attendant

August 2009-August 2012

University of Illinois at Chicago: Chicago, Illinois

- Supervised the student staff areas and holding them accountable to their responsibilities
- Managed the facility through policy enforcement
- Executed emergency procedures: including accidents, incidents, & other crisis
- Resolved conflicts or complaints from patrons
- Assisted in hiring new employees with the Coordinator
- Trained and retrained the employees on the procedures and policies
- Provide excellent customer service to patrons

SKILLS

Experienced in Microsoft Word, Excel, Power Point, Outlook, JONAS, CSI, Fusion

CERTIFICATIONS

CFSA*D

Red Cross CPR and First Aid

ACSM Certified Personal Trainer

Yogafit Level 1 Certification

Dr. Lam's Tai Chi for Arthritis Certification

Dr. Lam's Tai Chi for Arthritis and Fall Prevention Certification

Les Mills RPM Certification

Les Mills Body Pump Certification

Functional Movement Certification

Red Cross Shallow Water Lifeguard Certification

PRESENTATIONS

Brackmann, S. E., Langford, E. L., Leatherwood, M., Herron, R., Bishop, P. A. (2016, July). *Comparing Acute Hemodynamic Responses to Energy Drink Consumption Verses a Controlled Beverage of Equal Volume*. Poster session presented at the meeting of the National Strength and Conditioning Association, New Orleans, LA.

Langford, E. L., Leatherwood, M., Brackmann, S. E., Casey, J., Ryan, G. A., Herron, R. (2016, July). *Did Higher Drafted Rookies Perform Better in the Scouting Combine and On-field During the 2015 NFL Season?* Poster session presented at the meeting of the National Strength and Conditioning Association, New Orleans, LA.

CONFERENCES ATTENDED

National Strength and Conditioning Association National Conference (NSCA) – July 2016

American College of Sports Medicine Southeast Region Conference (SEACSM) - February 2016

NIRSA Region 3 Lead on Conference - February 2012

LEADERSHIP

Club Spa and Fitness Association Executive Member	<i>Present</i>
Leadership Council-Boys & Girls Clubs of Central Alabama	<i>Present</i>
Junior League of Birmingham	<i>Present</i>
Rotaract Club of Birmingham	<i>Present</i>
School and Community Engagement Coordinator, City Year Chicago	<i>2012-2013</i>
Vice President of Membership Development, Delta Phi Epsilon	<i>2010-2011</i>
Philanthropy Chair, Delta Phi Epsilon	<i>2009-2010</i>