***John Castetter***

*4225 Mumford Court, Columbus OH, 43220 - (614)-753-3285 - castetter.3@osu.edu*

EDUCATION: **The Ohio State University** Columbus, Ohio

 *Bachelor of Science in Athletic Training* May 2022

EXPERIENCE: **Bo Jackson Elite Sports** Hilliard, OH

*Intern* October 2018- Present

* Led strength and conditioning sessions for different clients
* Learned more about the strength and conditioning side of

sports medicine and how to help others

* Worked more independently in a professional setting with high

performance athletes

**Ohio Health Spine, Sport, and Joint Center** Columbus, OH

*Internship* February-May 2018

* Shadowed and observed Ryan Goodman
* Interacted with different people and patients

from different backgrounds

* Learned what it takes to be a physical therapist and what

days feel like in a PT setting

ACTIVITIES: **Athletic Training Club** Columbus, OH

Member August 2018 – Present

**Upper Arlington Optimist Club** Upper Arlington, OH

*Head Coach* January 2016-Present

* Youth basketball league comprising of kids between 8th and

9th grade

**Vacation Bible School** Hilliard, OH

*Volunteer*  June 2015 – June 2018

* Led recreational activities for children K – 6th grade
* Learned how different each age group of children are

and how to lead children

**North Columbus Sports** Columbus, OH

Assistant Coach June 2015 – July 2017

* Summer baseball league filled with 12 and 13-year old

children

* Made lineups, organized stat sheets, coached, and led

exercises

AWARDS: **Upper Arlington High School**  Upper Arlington, OH

*Vera K. Randall Scholarship* 2018

**National Honor Society**  Upper Arlington, OH

*Member*  2017

SKILLS: Communication, Leadership, Time Management, Mathematics, Creativity, Teamwork, Adaptability