

TIMOTHY MIZDRAK

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HIGHLIGHTS OF QUALIFICATIONS

NATA/BOC Status/NPI Number: BOC certified and a member of NATA, GLATA, and IATA. NPI: 1104399856

Communication: Interpersonal communication and presentation skills with people of diverse backgrounds including children, parents, students, adults, coaches, and medical professionals; ability to give/follow clear directions in times of crisis

Collaboration: Skilled in collaborating with other professionals including physicians, coaches, nurses, school officials, and physical therapists

Leadership: Trained employees in several different jobs, and helped with Sports Medicine Club at OPRF.

EDUCATION

Lewis University, Romeoville, IL

Bachelor of Arts in Athletic Training

May 2018

CERTIFICATIONS

- American Heart Association BLS for the Healthcare Provider, November 2015 – Present
- Board of Certification for the Athletic Trainer, May 2018-Present

WORK EXPERIENCE

Glenbrook South High School

Winter 2023-Present

Assistant Athletic Trainer

- Covered all levels of athletic competitions and practices
- Communicated with coaches to figure out their practices schedule and when I need to be present for them
- Provided rehabilitation services and manual treatment to the athletes

Illinois Bone and Joint Institute, Notre Dame College Prep, Niles, IL

Winter 2022-Winter 2023

Athletic Trainer

- Covered all levels of athletic competitions and practices
- Communicated with coaches to figure out their practices schedule and when I need to be present for them
- Updated the concussion protocol and communicated with the team neurologist to make sure we are compliant with the state protocol
- Went through the inventory and ordered the supplies needed for the AT room
- Provided rehabilitation services and manual treatment to the athletes

Athletico Physical Therapy, Oak Park and River Forest High School, Oak Park, IL

Winter 2018-Winter 2021

Athletic Trainer

- Covered all levels of athletic competitions and practices
- Communicated with EMS before and during emergencies
- Evaluated and documented athletes' injuries in the school's EMR
- Developed relationships with local physicians, chiropractors, and physical therapists
- Provided rehabilitation services and manual treatment to the athletes
- Traveled with teams during playoffs and state events

Athletico Physical Therapy, St. Rita High School, Chicago, IL

Fall 2018

Assistant Athletic Trainer

- Cover practices and games for St. Rita High School and other events that Athletico sent me
- Manage hours to make sure I stay at 20 hours per week
- Communicate with parents, athletes, and coaches after an injury
- Attended doctor appointments with athletes and their parents

Jimmy John's Gourmet Sandwiches, Chicago, IL

Summer 2016 and 2017

Delivery Driver

- Professional sandwich maker
- Be quick and efficient while still making sure everything is correct
- Talked to customers in the store and over the phone to give them the best customer service

HONORS & AWARDS

- *Recipient*, Bishop Sheil Scholarship, All semesters
- *Recipient*, Dean's List, Fall 2017
- *Recipient*, Academic Scholarship, 8 semesters

LEADERSHIP, ACTIVITIES, & PROFESSIONAL ASSOCIATIONS

- *Leader*, OPRF Sports Medicine Club 2018-Winter 2022
- *Member*, National Athletic Trainers' Association 2015–Present
- *Member*, Great Lakes Athletic Trainers' Association 2015-Present
- *Member*, Illinois Athletic Trainer's Association 2015-Present
 - Secondary School Committee Member 2023-Present
- *Member*, Lewis University Student Athletic Training Club 2014-2016
 - *Upper Body Assessment Representative* 2015
 - *Vice President* 2016
- *Mentor*, Lewis Athletic Training Mentor Program 2016
- *Teaching Assistant*, Lewis Athletic Training Taping Lab 2017

COMPUTER SKILLS

- Proficient in ImPACT, ATS EMR, Healthy Roster EMR, and HealtheAthlete EMR
- Proficient in POS computers
- Proficient with Windows 10 and Windows 11
- Proficient with Apple products
- Proficient in Microsoft Word, PowerPoint, Excel, and major social media outlets
- Proficient in PowerSchool