

Samantha Lazaruik

CONTACT

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EDUCATION

University of Alberta, Edmonton — *Bachelor of Kinesiology*

September 2022 - December 2026

Focused on human movement, exercise science, physical activity, and health.

University of Alberta, Edmonton — *Bachelor of Education*

September 2022 - December 2026

Focused on Secondary Education in Physical Education with a minor in Biological Sciences.

PROFESSIONAL EXPERIENCE

Introductory Field Experience (IFX), F.R. Haythorne Jr. High School — *Student-teaching*

February 2026 - April 2026

Taught grades 7-9, delivering inclusive and engaging lessons. Gained experience in lesson planning, classroom management, student assessment and adapting instruction to diverse learner needs.

KidStrong, Sherwood Park — *Head Coach*

March 2025 - March 2026

Coached kids ages 2-12 in science-based training program, designed to enhance children's character, physical and brain development to be strong and confident kids.

Free Play for Kids, Edmonton — *Assistant Coach*

March 2023 - April 2025

Coach grades 3-6 in developing sports skills and engaging in Social-Emotional Learning topics daily to create sport to life connections.

Wolves Athletic Association, Edmonton — *Ball Hockey Program Coordinator & Coach*

April 2024 - August 2024

Managed team registrations, and recruitment promotional presentations. Collaborated with other sports organizations to launch a new program.

Certifications

Standard First Aid & CPR Training

National Coaching Certificate of Canada (NCCP) Training

- Making Head Way in Sports (Concussion Training)
- Mental Health in Sport
- Safe Sport Training
- Coach Initiation in Sport
- Understanding the Rule of Two

KidStrong Coach Certification & Training

KidStrong Coach Workshop – Active Coaching (Mentor DNA)

High Five Principles PHE Canada Member

Jumpstart Training Certificates

- Keeping Girls in Sport
- Respect in Sport Activity Leader
- Supporting Positive Behaviors
- Welcoming All Abilities

PARTY Program (Prevent Alcohol and Risk-Related Trauma in Youth)

DARE Program (Drug Awareness Resistance Education)

Digital Citizenship and Safety Course

Commit to Kids: Foundational Information for Safeguarding Children from Sexual Abuse

WHMIS certification (University of Alberta)

Health, Safety & Environment Training: Ergonomics

National Ringette School, Edmonton & Red Deer — Camp Instructor

June 2023 - August 2023

Coached girls from u10 to u16 on and off ice drills in skill development and taught mental training and communication workshops.

VOLUNTEER EXPERIENCE

Senior Girls Handball Assistant Coach — F.R. Haythorne Jr. High School

Assisted with coaching a handball team during practices, games, and tournaments.

Science FUNday Volunteer — Faculty of Science, University of Alberta

Led science experiments for the exhibition. Ages 5-12 participated in student presentations and demos then encouraged kids to engage science and spark curiosity.

Adapted Physical Activity Leader — The Steadward Centre, University of Alberta

Led, planned and adapted exercise in Circuit Training program to guide adult participants in high intensity exercise training. Additionally, volunteered in the Functional Electrical Stimulation (FES) program on bikes to assist individuals experiencing disabilities.

PAL Program (Physical Activity Led by Students) — The Steadward Centre, University of Alberta

One - on - one student led an exercise resistance training program with an adult participant for 13 weeks.

U14A Ringette Assistant Coach — Sherwood Park Ringette Association

Assisted in coaching two seasons of ringette. Mentored youth girls within sport training context and development of leadership abilities.

High School Special Education Volunteer — Bev Facey Community High School

Assisted in PLACE program to help individual students through daily routine and lesson plans for personalized learning within the school. This experience was for Community Service Learning at University of Alberta.

AWARDS & ACCOMPLISHMENTS

Rutherford Scholarship for Academic Achievement

Standard of Excellence

(Honor roll) – Grade 10 to 12

Character Award – Grade 10 to 12

Academic Excellence (Highest Core Average in Grade 9 Science)

Standard of Excellence

(Honor roll) – Grade 7 to 9

Character Award – Grade 7 to 9

Volleyball MVP Award – Grade 7, F.R. Haythorne Jr. High School

Volleyball MVP Award – Grade 8, F.R. Haythorne Jr. High School

Western Canadian u14A Softball Champion

Alberta Ringette u19A Provincial Champion

SKILLS

Organization

Collaborative

Effective Communication

Management Skills

Leadership