

# SHANNON ALGEO

610-526-7375

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## COACHING EXPERIENCE

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- Bryn Mawr College, Head Lacrosse Coach; Bryn Mawr, PA 07/2023present
  - o Every aspect of running a team; recruiting, practice plans, film sessions, training plans, scouting reports, budget, spring break trips, mental training, leadership training, injury prevention, gear orders, team study halls, DEI work, community service, social media
- Gwynedd Mercy University, Head Lacrosse Coach; Gwynedd Mercy, PA 07/2018-2023
  - o Every aspect of running a team; recruiting, practice plans, film sessions, training plans, scouting reports, budget, spring break trips, mental training, leadership training, injury prevention, gear orders, team study halls, DEI work, community service, social media

## OTHER RELEVANT EXPERIENCE

## EDUCATION

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- *John F. Kennedy University*, Pleasant Hill, CA 12/2013
  - o MA, Sport Psychology
  
- *Moravian College*, Bethlehem, PA 05/2011
  - o BA, Psychology, Dean's List
  - o Minor, Economics; Omicron Delta Epsilon
  - o Varsity Lacrosse; Landmark Conference Academic Honor Roll
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## MENTAL COACHING EXPERIENCE