

Stephanie Safford
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Education

Clemson University
Master of Science in Youth Development Leadership
Years Attended: January 2015-December 2016
Completed: December 15, 2016

Coastal Carolina University
Bachelor of Science in Health Promotion Years Attended: 2007-2011
Graduated: May 7, 2011

Skills and/or Certifications

National Academy of Sports Medicine (NASM) Certified Personal Trainer
National Academy of Sports Medicine (NASM) Certified Nutrition Coach
National Academy of Sports Medicine (NASM) Performance Enhancement Specialist
National Academy of Sports Medicine (NASM) Group Personal Training Specialization
National Exercise Trainers Association (NETA) Yoga Inc. Specialization
American Council on Exercise (ACE) Sports Conditioning Specialist
American Council on Exercise (ACE) Youth Fitness Specialist
Level 1 National Dance Coaches Association Dance Safety Credential
Level 1 & 2 Coaching Credentials, National Dance Coaches Association
American Health Care Academy CPR/AED: Adult, Child, Infant + First Aid (BLS)
16 Academic Credits focused in Exercise and Sport Science
Completion of Health Promotion courses in Nutrition, Theory, Epidemiology and Needs Assessment Completion of Youth Development Leadership courses in Grant Writing, Program Planning and Evaluation Proficient in Microsoft Office
Level 1 Google Certified Educator

Honor, Achievements and/or Leadership Positions

South Carolina Dance Association Public Relations Chair	2022-Present
South Carolina Dance Association Dance Team Committee	2022-Present
Completion of Masters Degree with 3.91 GPA	December 2016
St. James High School Varsity Dance Team Coach	May 2014-February 2015
Coastal Carolina University Collegiate Dance Team Instructor	September 2011-March 2012

Work Experience

June, 2023-Present

Popfetti Princess Parties

Job Title: Social Media Coordinator

- Create engaging text, image and video content
- Design posts to sustain readers' curiosity and create buzz around new products
- Measure web traffic and monitor SEO
- Stay up-to-date with changes in all social platforms ensuring maximum effectiveness
- Facilitate online conversations with customers and respond to queries
- Develop an optimal posting schedule, considering web traffic and customer engagement metrics
- Suggest new ways to attract prospective customers, like promotions and competitions

March 7, 2022-Present

Horse Creek Academy; Charter School

Job Title: HS Strength Training Coach & K-2 Health Teacher

- In accordance with South Carolina state health and physical education standards, develop and implement lesson plans for Kindergarten through second grade and ninth through twelfth grade.
- Establish and communicate clear objectives for all learning activities.
- Assign and grade class work, homework, tests and assignments.
- Use relevant technology to support and differentiate instruction.
- Maintain discipline in accordance with the rules and disciplinary systems of the school.

- Maintain accurate and complete records of students' progress and development.
- Update all necessary records accurately and completely as required by laws, district policies and school regulations.
- Participate in department, school, district and parent meetings.
- Communicate necessary information regularly to students, colleagues and parents regarding student progress and student needs.

October 12, 2020-Present

Unrivaled Fitness

Title: Fitness Coach

- Evaluate clients' fitness levels and health conditions
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of clients' fitness levels
- Explain safe and proper use of gym equipment
- Lead group training sessions

January 4, 2016-May, 13, 2023

Burns Dance Studio

Job Title: Dance Instructor

- Lead instructor and choreographer for weekly dance classes, and competition routines
- Assist with competition team events/rehearsals

November 13, 2019-March 4, 2022

SAIL-School for Arts Infused Learning; Charter School

Job Title: Kinesiology Instructor

- In accordance with Georgia state physical education standards, develop and implement lesson plans for kindergarten through eighth grade kinesiology classes
- Collaborate with general education teachers to develop and implement arts-infused lesson plans for kindergarten through eighth grade classes
- Establish and communicate clear objectives for all learning activities
- Assign and grade class work, homework, tests and assignments
- Use relevant technology to support and differentiate instruction
- Maintain discipline in accordance with the rules and disciplinary systems of the school
- Maintain accurate and complete records of students' progress and development
- Update all necessary records accurately and completely as required by laws, district policies and school regulations
- Participate in department, school, district and parent meetings.
- Communicate necessary information regularly to students, colleagues and parents regarding student progress and student needs.

October 15, 2018-November 12, 2019

City of Aiken Parks, Recreation and Tourism Department

Job Title: Recreation Program Coordinator

- Develop, plan, organize, promote, and supervise the coordination and implementation of mainly senior adult and youth programs and special events
- Enforces rules and regulations of facilities
- Assisted with interviewing and training
- Supervise and schedule part-time, seasonal staff, and volunteers

August 3, 2015-May 2017

Stephanie's Dancers

Job Title: Dance Instructor/Choreographer

- Choreographer for competition team
- Technique instructor for jazz and contemporary based classes

June 19, 2017-October 19, 2018

City of Augusta Recreation and Parks Department

Job Title: Recreation Specialist I-Center Coordinator

- Facilitated the implementation of the Healthy out of School Time Grant at 10 After School Sites
- Maintain Congregate and Home Delivered Meal Orders and serve congregate meals
- Record and Input Congregate and Home Delivered Meal Data into Harmony Database\
- Supervises Programs/activities for all ages

- Promoted programs and events
- Maintain inventory of supplies and equipment and requisitions supplies for activities and event

April 24, 2016-June 9, 2017

Dance Recital Ticketing

Job Title: Quality Control

- Review clients order interviews and conduct audits of clients ticketing websites
- Perform test orders/quality check for clients
- Communicate with clients via email and telephone during and after quality check process

January 2014-December 31, 2014

The Human Performance and Wellness Center and The Fitness Zone

Job Title: Personal Trainer

- Provide One on One and group training sessions
- Design and implement personalized fitness programs for clients
- Lead various group fitness classes
- Maintain cleanliness and organization of gym
- Daily front desk duties

June 2013-July 2014

Gymnastics and More Inc.

Job Title: All-star Cheerleading Program Conditioning Coach and Choreographer

- Instruct and lead weekly conditioning classes for cheerleading teams
- Choreograph dance sections of All Star cheerleading routines
- Assist in the running of weekly cheerleading practices

August 2012-December 2013

Stretch-n-Grow of the Grand Strand, LLC

Job Title: Youth Fitness Instructor

- Lead structured fitness and health education sessions for children ages 2-5

July 2009-July 2013

Litchfield Dance Arts Academy

Job Title: Dance Instructor/Choreographer/Media Specialist/Company Manager

- Instruct Jazz, Tap, Ballet, Lyrical and Tumbling classes to students ages 3-18
- Choreograph competition routines for Dance Company and recital dances for aforementioned classes
- Maintain paperwork for Litchfield Dance Company (competition & rehearsal schedules, handbooks, fee schedule, etc.)
- Update and maintain social media presence for Litchfield Dance Company