

# Kathryn M. Dissinger

300 Summit St., Ferris Athletic Center | Hartford, CT 06106  
Kathryn.Dissinger@trincoll.edu | (516) 459-0392

## EDUCATION

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<b>Trinity College, Hartford, CT</b> <i>Master of Arts Degree in Public Policy Studies</i>	<b>Graduated - May 2013</b>
<b>Bowdoin College, Brunswick, ME</b> <i>Bachelor of Arts Degree in Environmental Studies and Visual Arts</i>	<b>Graduated - May 2011</b>

## EXPERIENCE

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<b>Trinity College, Hartford CT</b> <i>Head Women's Lacrosse Coach</i>	<b>Present</b>
<b>Trinity College, Graduate Assistant, Hartford CT</b> <i>Lacrosse Assistant</i> <ul style="list-style-type: none"><li>•2012 Division III National Assistant Coach of the Year for Division III National Champion women's lacrosse team</li><li>•Collaborate daily with the head coach to practice plan and develop a comprehensive game strategy</li><li>•Manage technology within the program and have an extensive knowledge of TeamXstream film exchange and meticulously break down game film with GameBreaker and RightPlay</li><li>• Evaluate and actively recruit prospective athletes by managing the recruiting data base using FrontRush software identifying talent at tournaments and camps, scheduling overnight visits and corresponding through email and phone calls</li><li>•Coordinate team logistics, including travel plans, team meals, ordering gear and equipment and reaching out to alumni</li><li>•Organize the budget for season expenses such as travel, gear, technology and alumni events</li><li>•Attend meeting with admissions to discuss student-athlete admission and applications</li><li>•In charge of all fitness and cross training during the season and provide the student-athletes with an extensive workout packet</li><li>•Plan all meals, travel and practice times for the annual spring break trip and assist in the planning of team activities of the trip</li></ul>	<b>2011-2014</b>
<i>Field Hockey Assistant</i> <ul style="list-style-type: none"><li>•Actively involved in the nationally competitive Field Hockey program, including practice preparation, on-field coaching, and daily management of office duties and film exchange</li><li>•Train and work with the goalies on a daily basis in season</li><li>•Oversee and organize game management and train game workers</li><li>•Organize film exchange and work directly with the software</li></ul>	
<b>Avon High School Girls Lacrosse Winter Clinic, Farmington CT</b> <ul style="list-style-type: none"><li>• Oversaw, organized and acted as head coach for a group of girls from Avon High School in a 6-week winter clinic</li><li>• Developed skills through high level training and stick work</li><li>• Referred scrimmages at the end of every practice</li></ul>	
<b>Trinity College Fall Lacrosse Clinic, Hartford CT</b> <ul style="list-style-type: none"><li>• Reached out to all perspective recruits inviting them to campus for a full day clinic</li><li>• Managed the registration process, release waivers and budget</li><li>• Created a balanced clinic which allowed for coaches to see recruits in specific stick skill situations as well as live game play</li><li>• Involved the current team in coaching the clinic by assigning them to specific groups and having them coach the stations</li></ul>	<b>Fall 2013</b>
<b>Trinity College Spring Lacrosse Clinic, Hartford CT</b> <ul style="list-style-type: none"><li>•Major fundraising effort for our spring break trip each year</li><li>•Direct, plan and oversee lacrosse clinic for over 100 local youth and high school lacrosse players</li><li>•Managed the registration process, release waivers and budget</li><li>•Reached out to local club lacrosse teams in Connecticut as well as recruits (over 65 juniors attended the 2014 clinic)</li><li>•Planned each training station, customizing the lessons towards the skill of the group involved</li></ul>	<b>Spring 2012 - 2014</b>
<b>Marketing and Communication Committee, Trinity College, Hartford CT</b> <ul style="list-style-type: none"><li>•Develop strategies that will expose and engage the Trinity College student-body and faculty in the athletic programs</li><li>•Improve athletic website to better highlight team and student-athlete accomplishments through increased use of technology</li><li>•Work closely with sports information to improve the timeliness with which games are highlighted through the website, tweeting and Facebook</li></ul>	<b>2013-Present</b>
<b>Sports Medicine Committee, Trinity College, Hartford CT</b> <ul style="list-style-type: none"><li>•Develop a comprehensive program that measures, tracks, and develops the human performance of our student athletes</li><li>•Designing a program which creates a more efficient relationship between trainers and strength and conditioning coaches</li></ul>	<b>2013-Present</b>

## ACTIVITIES

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<b>Inner City Lacrosse, Hartford CT</b> <ul style="list-style-type: none"><li>• Organize a volunteer lacrosse clinic for local Hartford youths every Sunday in the throughout the fall</li></ul>	<b>Fall 2012 - 2013</b>
<b>Bowdoin College Varsity Lacrosse, Brunswick, ME</b> <ul style="list-style-type: none"><li>• Selected by teammates to serve as captain for the 2011 season</li><li>• Starter since freshmen year; All Regional 2<sup>nd</sup> team, sophomore and junior year</li></ul>	<b>2007-2011</b>

## RELEVANT SKILLS

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- Proficient in **Gamebreaker, Front Rush, RightPlay, Film Exchange Network, Microsoft Word, PowerPoint, Excel, Outlook, Photoshop, Illustrator and Celeron**