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| **Sofia Chambers**

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| Sechambe@usc.edu |
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| https://www.linkedin.com/in/sofia-chambers-b6b16218b |
| EducationUniversity of Southern California | 2021-2023*Master of Science -* Biokinesiology with an Emphasis in Sports ScienceUniversity of Oregon – Eugene, OR | June 2019*Bachelor of Science in Natural Sciences*Human Physiology Major with Chemistry Minor |
| SkillsProficient in Microsoft Office, PowerPoint, Word, ExcelTeamwork, Effective Communication, Time Management, Accountability, Organization, Leadership, Problem Solving |

Awards and achievements*PAC-12 Postgraduate Scholarship Awardee**2021**External Advisory Board Member for NIH Funded Grant focused on pediatric concussions, UCLA**2021**University of Oregon Division I Women’s Soccer Team Captain*2017-2018 & 2018-2019*University of Oregon Scholar Athlete*2016-2019*PAC-12 Conference Women’s Soccer All-Academic Honorable Mention*2016-2019*Chi Alpha Sigma – The National College Athlete Honors Society*2018-2019*Robin Merlock Team Award (Team and Coaches MVP) – University of Oregon Women’s Soccer*2019*Agoura High School Varsity Girls Soccer*2012-2015*Captain of Agoura High School Varsity Girls Soccer*2013-2014 & 2014-2015*California South Olympic Development (ODP) Team*2011-2014*Olympic Development Region IV Team*2012-2014*ODP National Champions*2013 & 2014 |  |

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| Experience**University of Oregon | *NCAA Division I Women’s Soccer Team* *Student-Athlete* | June 2015 – June 2019** * Team Captain during the 2017-2018 and 2018-2019 seasons
* Helped lead the team to success on and off the field
* Dedicated 40+ hours per week towards my team’s success through teamwork, time management, and communication while balancing a full course load
* Able to progress my growth in areas pertaining to communication, teamwork, accountability, and time management
* Communicated effectively between the staff, athletic department, and 30+ teammates in order to facilitate a successful team, culture, and environment
* Scheduled weekly meetings with staff and players to effectively guide, establish, and obtain goals prior to and throughout season

UCLA Steve Tisch BrainSPORT Program / Research | June 2019 – August 2020* Volunteered as a part of the program by becoming trained in concussion baseline exams, ImPACT testing, data entry, and the CARE QuesGen Database
* Assist with subject escort, data entry, data collection, data management, and conduct surveys of study participants
* Reviewed clinical data from medical records of potential/current research participants through verified and validated CareConnect access or hardcopy.
* Helped administer Concussion Baseline Examinations to high school students and Division I collegiate athletes
* Contributed to a pilot study by deploying mouthpiece impact sensors to investigate head impacts in Division I collegiate Women’s and Men’s Soccer Players – First head impact data in Women’s Sports
* Helped organize and perform data entry and offload for multiple studies (Mouthpieces as well as CARE Consortium - Longitudinal Clinical Study Core)
	+ fMRIs, saliva collection, and the distribution of mouthpieces which encapsulated accelerometers, gyroscopes, and impact sensors
* Organized and communicated effectively with the UCLA athletic staff and collegiate athletes to allow for the success of the Mouthpiece study.

**ORRECO | Blood Biomarker *Consultant Technician* | June 2021– Current*** Consultant Technician for a global leader in sports biotechnology who provides biomarker testing services for elite athletes
* Consultant is a sport science specialist working with clients in partner facilities and remote locations to provide oxidative stress (FORT/FORD) and inflammation (hsCRP) testing
* Any additional administrative support on behalf of Orreco
* Take a pinprick blood sample from an ear or finger and run tests in real-time to measure your oxidative stress and inflammation

**USC Women’s Soccer Team Sports Science | *Catapult Data Collection and Analysis* | August 2021 – Current*** Working with the Sports Science Team to collect, analyze, interpret, and apply Catapult Sports Data
* Helped used Internal and External load metrics to create player Return To Play (RTPs)
* Use OpenField Cloud with Catapult Sports
* Looking at and managing High Minute Players vs Low Minute Players to maintain/increase fitness levels. Need to make sure lower minute players are being exposed to game like speeds, distances while maintaining fitness levels.
* Monitor Individual Player Load, Acute Chronic Workload Ratios, Internal Loads, External Loads

**Harvard-Westlake High School | *Girls Assistant Varsity and Junior Varsity Coach* | November 2019 – Current*** Working as an Assistant Coach with young adults from ages 13-18
* Plan and organize team travel (scheduling, transportation, meals, and itinerary)
* Plan team practices, off season workouts, and short/long term goals to maximize the team’s success
* Conduct group activities to allow for team growth
* Held weekly meetings and training sessions via Zoom and on field
* Planned and executed training sessions bi to triweekly
* 2021 CIF-Southern Section Girls Soccer Division 1 Champions
* CIF Southern California Regional 2021 Girls Soccer Champions - Division I

California Commercial Investment Group | Accounting Clerk | November 2020 – August 2021* Perform various clerical duties such as word processing, data entry, copying, scanning, faxing, and collating.
* Maintain tax and banking records in accordance with approved procedures.
* Prepare daily bank deposits, scanned into computer each day and maintain all bank receipts in chronological order.
* Prepare invoices and credit memos for Resident move-out packages weekly.
* Prepare credit card reports for all cardholders on a weekly basis.
* Learn and use Yardi Software.
* Assist in performing monthly and year end closing procedures
* Assist with accounting functions which may include posting A/R and A/P entries, maintaining the general ledger, and preparing financial reports.
* Follow procedure for A/P approvals and internal control processes
* Help finalize building Audits as well as Tax packets
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