

AMBROSIA HOFTIEZER

Certified athletic trainer

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(670) 536-4141

843 W. Church Street, Orlando, FL 32801



PROFILE

I am a certified athletic trainer with over three years of experience working in the field. I have worked with athletes of all levels, from high school to professional, and have gained a wealth of knowledge in injury prevention and rehabilitation. I am passionate about helping athletes reach their full potential, and my goal is to always help them return to play as safely and quickly as possible. In addition to my athletic training experience, I also hold a degree in Exercise Science, which gives me a well-rounded understanding of the human body and how it responds to physical activity.

LINKS

[linkedin.com/in/ambrosiahoftiezer](https://www.linkedin.com/in/ambrosiahoftiezer)

SKILLS

First aid

CPR

AED

Emergency care

Injury prevention

Risk management

Rehabilitation

LANGUAGES

English

Spanish

EMPLOYMENT HISTORY

● Certified Athletic Trainer at ATC Next Level, FL

Apr 2022 - Present

- Successfully treated a high school football player's torn ACL, allowing him to return to the field 8 months after surgery.
- Successfully developed and implemented an injury prevention program for a local soccer club, resulting in a 50% reduction in injuries over 2 seasons.
- Worked with a college basketball player recovering from a broken ankle, helping her regain full range of motion and strength and get back on the court 3 months after her injury.
- Helped develop new methods for taping athletes' ankles that reduced the incidence of sprained ankles by 20% among collegiate volleyball players.
- Authored an article on concussions in young athletes that was published in The Athletic Trainer's Journal.
- Led workshops on proper stretching techniques for coaches at local high schools.

● Assistant Athletic Trainer at Pro Sport Care, FL

Jul 2019 - Feb 2022

- Successfully developed and implemented injury prevention programs for 15 Division I athletes, resulting in a 70% decrease in time missed due to injury.
- Assisted with the rehabilitation of 10 ACL injuries, helping all patients return to their pre-injury level of activity within 8 months.
- Created individualized nutrition plans for 20 athletes which resulted in an average weight loss of 5 pounds over 6 weeks.
- Successfully organized and managed the medical coverage for a collegiate football game with over 60,000 attendees.
- Managed inventory and ordering for \$20,000 worth of athletic training supplies while staying within budget.

EDUCATION

Bachelor of Science in Athletic Training at University of Florida, FL

Sep 2015 - May 2019

I have learned how to assess and treat injuries, as well as how to prevent them.

CERTIFICATES

Certified Athletic Trainer (ATC)

Oct 2020

National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)

Jun 2019