

# KIMBER HOWER

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## EDUCATION

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| <b>Bachelor of Arts and Science, Political Science</b><br>University of North Carolina at Chapel Hill  | <b>2018-2021</b> |
| <b>Bachelor of Science, Communication and Rhetorical Studies</b><br>Syracuse University<br><b>Honor Roll:</b> 2018-Present<br><b>GPA:</b> 3.78 | <b>2021-2023</b> |

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## ATHLETICS

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| <b>University of North Carolina Women's Lacrosse Team</b>   | <b>2018-2021</b>    |
| <b>Syracuse University Women's Lacrosse Team</b> <ul style="list-style-type: none"><li>• NCAA Division 1 Athlete</li><li>• Devoting an average of 25 hours per week to training, conditioning, practices, meetings, travel, and games</li><li>• Development of strong communication skills, flexibility, working within a team, perseverance, and time management</li></ul> | <b>2021-Present</b> |

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## LEADERSHIP EXPERIENCE

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| <b>Richard A. Baddour Carolina Leadership Academy</b><br>Carolina NAVIGATE Program <ul style="list-style-type: none"><li>• Develop self-awareness, strengths and areas to improve in</li><li>• Become familiar with descriptive and applied leadership frameworks</li></ul> Carolina ACCELERATE Program <ul style="list-style-type: none"><li>• Work with 80+ Student-Athletes</li><li>• Recognize and adapt behavioral tendencies while in a leadership role</li></ul> | <b>2018-2020</b> |
| <b>Carolina Student-Athlete Advisory Council</b> <ul style="list-style-type: none"><li>• Represent teams by offering input regarding life skills programs, athletic department policies, conference regulations and NCAA legislations that impact student-athletes</li></ul>  | <b>2020-2021</b> |

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## VOLUNTEER EXPERIENCE

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|---|---------------------|
| <b>GiGi's Playhouse: Down Syndrome Achievement Center</b> <ul style="list-style-type: none"><li>• Work to positively impact lives of children with Down syndrome.</li><li>• Donate time to organization 2-3 times per year</li></ul>  | <b>2019-Present</b> |
| <b>Carolina Vote and Vow Committees</b> <ul style="list-style-type: none"><li>• Working to develop forums and town halls for student-athletes, coaches and staff to discuss issues and solutions related to social injustice</li><li>• Helped close to 200 staff and student-athletes register to vote, as well as helped many more look up their voter registration and provide information about voting</li></ul> | <b>2020-2021</b>    |

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## RELEVANT WORK EXPERIENCE

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### Carolina Girl's Lacrosse Camps

2018-2021

- Oversee youth lacrosse games and enforce rules. Officiate and coach games in a fair manner and interact with players
- Referee and assist with coaching for camps with up to 500 girls per camp
- Demonstrate extensive knowledge of sport regulations and policies

### 315 Elite Lacrosse Club

2022-2023

- Coached a total of 30 girls per day, focusing on player development and recruitment
- Planned and executed daily practices, film sessions, and workouts

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## ACHIEVEMENTS

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- ACC and IWCLA Honor Roll, 2018-Present
  - ACC Women's lacrosse Champion, 2019-2021
  - Team Member, USA U19 Women's Lacrosse Roster