

Marketing Your Athletic Experience

Demonstrates . . .

Teamwork
A Competitive Spirit that Drives You

Oral Communication Skills
Leadership Ability

Drive & Motivation
Time Management

On the Resume . . .

On your resume, document your athletic experience in the same way you would describe other work experience. Focus on your accomplishments. Select the skills that are transferable to your career interests and demonstrate the qualifications required for the position you are seeking. List this experience under the Leadership section, with or without a few short bullets.

COLLEGIATE INVOLVEMENT, AWARDS & HONORS

Student Government Association
Psi Chi Honor Society
Football Team Member

Spring 2005 – Present
Spring 2005 – Present
August 2004 – Present

- Student Leadership Award Recipient, 2007
- Conference Champions, 2007
- Three time letter winner

You may also include this under “Related Experience” using the same format you would describe work and other experiences.

Hockey Team, The University of South Dakota, Vermillion, SD August 2004 – Present

- Provide leadership as the team captain for the 2006 season. Casted a vision and enlisted the participation of 90 athletes.
- Organize formal and informal meetings to open and improve communications among team members.
- Receive All-Conference Award for outstanding performance.
- Interfaced with the media and other external audiences.

During the Interview . . .

Most interview questions are open-ended and situational in nature. The STAR method may help you better describe your accomplishments during a behavior-based interview. Describe the *situation*, the *task* you needed to accomplish, the *action* you took and the *results* of your actions.

Tell me about a time when team morale and motivation were low. What did you do to rebuild team spirit?

Situation: Mid-season I began to notice that the energy and morale of our team dropped. Teammates weren't excited to be at practices, we weren't giving our all during our games and some teammates were not getting along.

Task: My success as an athlete thrives off the energy of others. I decided that something needed to be done for us to enjoy our season. As a senior team member, I knew the younger members looked to me for leadership. I decided to exercise my leadership abilities to try to help the team out of a slump.

Action: I talked with the coaches to express my concern and to brainstorm ideas on strategies we might use to boost morale. After one of our practices, I asked if the team members could stick around for ten extra minutes. I facilitated a conversation regarding our low energy and morale. After that conversation, some other teammates and myself planned Friday morning breakfasts, played motivating music during warm-ups and took turns planning social events outside of practice.

Result: By making practices fun and by spending time together off the court, we formed supportive relationships with each other. This motivated us to succeed and ultimately led to a positive, enjoyable season.

Tell me about a time when a team member wasn't pulling his or her weight and your response to the situation.

Situation: One of my teammates consistently came to practice late, did not bring the equipment needed for practices and even missed a game.

Task: Part of being on a team is working together, utilizing one another's strengths and being supportive. I became frustrated with my teammate because she wasn't supporting or helping the team. As an upper-class leader on our team, I felt responsible for the success of our team. I decided I would talk to her about my frustration and concerns rather than simply be angry.

Action: I approached her after practice to indicate that I wanted to sit down and talk with her. I was careful to not use language that made me sound overly aggressive or angry. I wanted to learn the reason for her sudden disconnection from the team. As our conversation progressed, I understood some of her frustrations as a team member and learned that she had some personal problems. I encouraged her to talk with the USD staff about this.

Result: The conversation went well. I think she appreciated that I talked with her instead of just getting mad. She seemed to understand how her lack of commitment and energy affected the team as a whole. After our conversation I noticed that she was on time to most practices and increased her effort level during workouts. She also spoke with some USD staff members and was able to work through her personal problems.