

Jack Keenan

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Skills

I played team sports from the age of four until I was twenty-one. This exposure to teamwork and communication with teammates, coaches, and officials was extensive. As a captain and leader of my teams, I learned the skills necessary to advocate for myself and those around me. During my time in sports, I also learned the importance of perseverance and hard work. I learned how to win with class and lose with grace, deal with failures, and take the steps necessary to move on. These skills followed me into my summer job at GRC where I had to work as a team and was even given the opportunity to lead my own team with success.

Experience

General Rental Center (GRC), Cranberry, PA- Tent technician and driver

May 2023 - August 2024

- GRC was my summer job for two years. At GRC, we rent out tents, bounce houses, tables, and other party supplies. I was a driver there, and I have my CDL license. I have training to lead my own team and be the first line of communication with customers. Working at GRC has given me the values of hard work and the skills to work with a team.

Slippery Rock University Track and Field, Slippery Rock, PA - Athlete

Sept 2022 - July 2024

- Throughout the two years I was a track athlete at Slippery Rock, I learned a multitude of skills. I learned how to communicate with coaches during and outside of practices, whether it be about how I can improve or setting up meetings. I also learned how to work as a group with my teammates, who did the same events as me. I also learned how to pick myself when I failed or did not achieve my goals, along with understanding the value of hard work.

Emerging Leadership Experience, Slippery Rock, PA- Member

Sept 2022 - Oct 2022

- This club is offered to students to teach them how to be good leaders and communicate with people. This includes activities such as tying a blindfold over someone and leading them through a maze.

Team Up, Pittsburgh, PA- Student Helper

Aug 2018 - March 2020

Team Up was a program set up at Shaler Area High School for student-athletes to go to the local primary schools and help a teacher run a classroom for one and a half hours. Members would help the students with everyday classroom activities. The program was unfortunately cut short due to COVID-19 and was not resumed until after I graduated.

Shaler-North Hills Track Camp- Coach

June 2024 - present

I worked with elementary and middle school aged kids on learning the fundamentals of track and field, whether that be running, jumping, or throwing.

Education

Aug 2022 - May 2026

Slippery Rock University, Slippery Rock, PA

I am working on my undergrad in Secondary Education in History

Awards

1. Slippery Rock Dean's List: Fall 2022 - Spring 2024
2. NCAA Scholar Athlete: Fall 2022 - Spring 2024