



Anthony Carlsen
655 Deepwoods
Mundelein, IL 60060
Work: (847) 990-4349
email: carlsent@hawthorn73.org

Objective:

To obtain an educational related coaching profession to teach others the importance of lifelong health and fitness related skills.

Education:

Northern Illinois University , Vernon Hills, Illinois
Bachelor of Science in Education, Graduated May 2002
Physical Education / Health K-12
Minor in Coaching and Health

Employment:

Hawthorn Aspen School , Vernon Hills, Illinois
Physical Education / Health K-6, August 2002 - Present
Teach children motor skills, fitness, social interaction, routines, communication skills, health habits, team building skills, teamwork, sportsmanship, and making a difference in the lives of others.

Hawthorn District 73 , Vernon Hills, Illinois
Head Cross Country, Wrestling, and Track/Field Coach, August 2002 - Present

Libertyville Sports Complex, Libertyville, Illinois
Fitness Trainer and Sports Tutor , May 2002 - May 2008
Conducted orientation for new members of the fitness center and new staff members, creation of wellness/fitness programs, performed assessment tests, instructed step-aerobics and circuits, personal training, sport specific tutoring, and conducted weight room supervision.

Volunteer:

- Vice President of NIU Wrestling Club
- Wrestling Summer Camps
- Assistant Wrestling Coach
- American Red Cross Blood Drive

Members:

- (ASEP) for coaching and first aid
- Lifeguard training and CPR

Honors:

- Deans List :
- Wrestling Scholarship 1996-97
- National Qualifier 1997