

Sunny Sunbird

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How to Describe Athletics on a Resume

Describe your athletic experience in the same way you would describe your campus involvement or work experience. What was your role on the team? How would coaches/team members describe you? Focus on your accomplishments. Select skills that are transferable to your career interests and demonstrate the qualifications required for the position, organization, or industry to which you are applying.

You can list your athletic experience under *Activities, Athletics, Relevant Experience, or Leadership Experience* on your resume. Include a few short sentences to describe what you did and how you did it, and bullet points to highlight your achievements and results. Below are a couple examples:

LEADERSHIP EXPERIENCE

NCAA Division II Women's Basketball Team Captain

Fresno Pacific University, Fresno, CA

August 2023- March 2024

Provided leadership as the team captain for the 2023-24 season. Organized formal and informal meetings to facilitate and improve communication among team members. Led tours of facilities to prospective student-athletes and their families.

- Awarded Female Sunbird of the Year (Fall 2023).
- Committed approximately 30 hours per week to trainings, meetings, film study, travel, and competitions while maintaining full course load.

ATHLETICS

NCAA Division II Track & Field Athlete

Fresno Pacific University, Fresno, CA

2021-2023

Competed in women's hammer, shot put, javelin, and pole vault events. Balanced full academic course load with competition, practices, training sessions, and meetings. Spearheaded study sessions for fellow track and field athletes.

- Selected as PacWest Conference Scholar-Athlete First Team (Spring 2023).
- Student-Athlete Advisory Committee President (2021-2022).

Student-Athlete Resume Example

The key is to recognize the skills you possess and adapt them to the situation you face, while describing them in professional terms. If you list skills that you use to manage your sporting commitments, you will see that they can be transferred to other environments. In fact, you will find that they are quite valuable in the work environment, which means that if marketed correctly, you will be very attractive to a potential employer. Your athletic involvement and student-athlete experience can show your:

- Willingness to “got the extra mile”
- Communication and leadership skills
- Work ethic that can set you apart from other candidates
- Collaboration skills in a team environment
- Ability to manage your time--balancing practices, training, traveling, and academics
- Competitive spirit that can drive you in the workplace