

# SHANNON ALGEO

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*Coaching responsibilities:* Provide the best possible student athlete experience by combining mental and physical training to allow athletes to reach their full potential. Assess individual strengths and areas of improvement and work to combine individuals' assets to create the strongest team by giving athletes the tools to reach their full potential; create flexible practice plans to address team needs and run productive practices; utilize resources (i.e. US Lacrosse membership) to keep drills relevant; order team uniforms, goalie equipment, etc. under strict deadlines and budget; handle any and all parent, player, ref questions; creative fundraising, community service

## COACHING EXPERIENCE

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- **Bryn Mawr College, Head Lacrosse Coach; Bryn Mawr, PA** 07/2023-present
  - Every aspect of running a team; recruiting, practice plans, film sessions, training plans, scouting reports, budget, spring break trips, mental training, leadership training, conflict resolution, gear orders, team study halls, DEI work, community service, social media
- **Gwynedd Mercy University, Head Lacrosse Coach; Gwynedd Valley, PA** 06/2016-07/2023
  - Every aspect of running a team; recruiting, practice plans, film sessions, training plans, scouting reports, budget, spring break trips, mental training, leadership training, conflict resolution, gear orders, team study halls, DEI work, community service, social media
- **Marywood University, Assistant Lacrosse Coach; Scranton** 09/2014-06/2016
  - Practice plans, recruiting, budgets, mental training, team building, conflict resolution, scouting reports
- **Private Coach, Girls Lacrosse; Bay Area** 11/2011-09/2014
  - Assessed individual strengths and areas of improvement and used my assessment to create effective and productive training sessions, including stick work, conditioning, and mental coaching.
  - On a weekly basis, I worked with players at a variety of skill levels, ranging from beginners to future D1 athletes.
- **Program Director, All-West Lacrosse- Girls; East Bay** 06/2013-09/2014
  - Spent off season recruiting athletes to lacrosse camps by visiting various clubs and tournaments and informing potential recruits of the benefits of the camps.
  - Held responsibility for overseeing coaching staff and ensuring each day of training was conducted

## OTHER RELEVANT EXPERIENCE

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- **Lecturer of Physical Education, Bryn Mawr College** 07/2023-present
- **Assistant Sports Information Director** 06/2016-07/2023
  - In game statting, post game stories, website updates
- **SWA** 09/2021-07/2023
  - Attend administrative meetings, meet with Athletic Director to discuss department decisions, support our women's teams and staff
- **Adjunct Professor Sport Psychology** 01/2022-07/2023
  - Teach students everything related to energy management and self regulation. Topics include communication, stress management, goal setting, confidence, concentration, imagery, etc.
- **SAAC Advisor** 09/2018-09/2021
  - Held regular meetings with SAAC, started D3 week at Gwynedd Mercy which included many different events and social media campaigns, raise money for community service

## EDUCATION

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- **John F. Kennedy University, Pleasant Hill, CA** 12/2013
  - MA, Sport Psychology
- **Moravian College, Bethlehem, PA** 05/2011
  - BA, Psychology, Dean's List
  - Minor, Economics; Omicron Delta Epsilon
  - Varsity Lacrosse; Landmark Conference Academic Honor Roll
  - Zeta Tau Alpha; Membership Coordinator, Gamma Sigma Alpha
  - 26 Points Student Ambassador

## MENTAL COACHING EXPERIENCE

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- **Team Consultant, Diablo Valley College, Men's Lacrosse; Pleasant Hill, CA** 08/2013-12/2013  
Met with the team every week to address team cohesion and goals; met with the athletes one on one to discuss individual challenges and worked to create strong, confident lacrosse players that went on to win the championship that season.
- **Individual Consultant, Valley Vista Tennis Club; Walnut Creek, CA** 01/2013-03/2013
- **Team Consultant, Las Lomas HS, Girls' Volleyball; Walnut Creek, CA** 08/2012-11/2012
- **Team Consultant, Boys Ranch; Byron, CA** 08/2012