
Palmer W. Watkins

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Education

University of Tulsa Tulsa, Oklahoma August 2016 to present

- Bachelors of Science in Exercise and Sports

Union High School Tulsa, Oklahoma Graduated May 2016 with Honors

Volunteer and Work Experience

Leadership Coordinator, Cabin Leader and Activity Staff—Shepherds Fold Ranch—Summer 2016-2018

- Managed camp counselor staff and created activities for five to ten year old students
- Watched after seven to fifteen-year-old boys at Shepherds Fold Ranch.
- Oversaw the camper's health and wellbeing as well as lead cabin group activities

Collins Fitness Center Staff—Collins Fitness Center—Fall 2016 and Spring 2017

- Kept accurate records of people entering the fitness center through the front desk
- Assisted people and their inquiries, and provided friendly service to those entering the fitness facility.
- Cleaned fitness area, looked over and assisted patrons on understanding the rules of the gym.
- Checked out and kept accurate data on equipment checked out to patrons.

Leadership Experience

Fraternity President—Epsilon-Mu Chapter of The Kappa Sigma Fraternity—Spring and Fall 2018

- Oversee the Executive Committee and responsible for organizing and coordinating the executive functions of the Chapter.
- Run chapter meetings, communicate with University administration, alumni councils, and the national headquarters
- Conducted bylaws meetings and made changes to the scholarship program for the chapter.

Grand Secretary—Epsilon-Mu Chapter of The Kappa Sigma Fraternity—Spring 2017-Fall2017

- Recorded notes and minutes of all meetings and chapter related events
- Maintained accurate records of scholarship requirements for all members
- Kept the chapter informed of all chapter and campus events
- Maintained constant communication with alumni of the chapter
- Oversaw the work of five committees

Risk Manager— Kappa Sigma Fraternity— Spring 2017

- Aided in implementing new strategies to limit accidents, prevent injuries, and promote overall health and well being of he chapter
- Worked in conjunction with the executive committee during designated chapter events to maintain a safe environment.
- Communicated weekly with the chapter on how to limit risks and deal with stress and anxiety during the semester

Awards and Certifications

- Deans Honor Roll/University of Tulsa/ Fall Semester 2016/Fall Semester 2017/Spring Semester 2018
Awarded to students who maintained a GPA above or at 3.4 at the end of the semester.
- Dobson Award/ Union High School
Awarded to the athlete that set the standard for sportsmanship, community involvement, and sacrifice.
- CPR Certified —Fall 2016-Fall 2020
- First-Aid Certified—Fall 2016-Fall 2020

References Available on Request

Professional Observations

Center for Individuals with Physical Disabilities—815 S Utica Ave, Tulsa, OK 74104 —Fall 2017

Athletic Training Department of The University of Tulsa—800 S Tucker Dr, Tulsa, OK 74104
—Fall 2017

Strength and Conditioning Program of The University of Tulsa—800 S Tucker Dr, Tulsa, OK
74104 —Fall 2017

Head of Athletic Training at Union High School—6636 S Mingo Rd, Tulsa, OK 74133—Fall
2018

References

Ron Griffen, Executive Camp Director, ron@sfrcamps.com, (918)352-1355

Matt Wise, Director of Aviation at TCC, matthew.wise@tulsacc.edu, (918)595-3710

Eric Wickel, Associate Professor of Athletic Training at the University of Tulsa, eric-wickel@utulsa.edu, (918)631-2677