

EDUCATION

Rice University

Houston, TX

Sports Medicine & Exercise Physiology and Sport Management with a Concentration in Sports Law May 2026

Activities: Founder and President of Rice Olympic Weightlifting Club, Co-Founder and Co-President of the Rice Sports Law Society, Founder of the Patriot Sports Medicine Club, American Medical Women's Association Rice Branch, Black Student Association, Caribbean Student Society, DAWA Pre-Health Society, Rice Black Women's Association, Rice HOSA Future Health Professionals, Rice Pre-Medical Society, Students at Rice Committed to Optimizing Medical, Exercise, and Rehabilitation Education, Rice Society for Black Professionals

Honors: Miami Herald's Silver Knight (2022), 2nd Best Olympic Weightlifter in the Nation (2024), 1st in the State of Florida (2024), 1st in the State of Texas (2023), 1st Best in the Southwest Region for University Students (2023), 13th Best Olympic Weightlifting University Team (2023), 3rd Best Women's University Team in the Southwest Region (2023), Made the Cayman Islands Olympic Weightlifting International Team (2024)

EXPERIENCE

Mikos Lab

Houston, TX

Undergraduate Researcher

January 2024 – Current

- Project focused on the effect of charge-charge interactions on the release kinetics of associating peptides through gelatin micro-particle and thiol fabrication, solid phase peptide synthesis, peptide purification, mass spectrometry and collecting release medium particles
- Goal is to mimic the dynamic signaling that occurs during regeneration to engineer cartilage tissue
- Ran Fluorescent Assays, Ellman's Assay, Serial Dilutions and learned how to analyze the data collected

Seun Adigun, LLC and Extra Wellness Center, LLC

Houston, TX

Executive Assistant

March 2024 – July 2024

- Assisted with various correspondences associated with helping a 2-time Olympian manage speaking engagements, endorsements, and appearances
- Assisted with the fundamental development of an international sports federation (Nigeria Bobsled Federation) which included season planning, fundraising, preparation for the Winter Olympics, and remote planning
- Learned and practiced Neuromuscular Release Therapy, clinical testing, initial patient assessments, Ultrasound, Stimulation Therapy, and Laser Therapy and helped create personalized exercise programs and fitness regimens

NCAA Men's Final Four

Houston, TX

Local Organizing Committee Intern

December 2022 – April 2023

- Assisted in event operations in preparation for the Final Four games
- Attended weekly classes to learn from guest speakers who all work with the NCAA in organizing major sporting events throughout the United States
- Volunteered to work at several Houston Final Four Community events

NFL Honors

Phoenix, AZ and Las Vegas, NV

Talent Escort

February 2023 – February 2024

- Escorted Dallas Cowboys star wide receiver CeeDee Lamb throughout the red carpet and throughout Symphony Hall
- Escorted actress Issa Rae throughout the Resorts World Theatre
- Helped the live award show run smoothly and made sure my talent was where it needed to be

Houston Texans

Houston, TX

50/50 Jackpot Fundraising Representative

October 2024 – Current

- Promoted and sold 50/50 jackpot tickets to fans at Texans home games, supporting the Houston Texans Foundation's community initiatives.
 - Engaged fans with clear communication on Foundation programs, fostering excitement and support.
 - Managed ticket sales reconciliation and reporting, ensuring accuracy and transparency.
 - Upheld Texans' values of teamwork, adaptability, and integrity while handling game-day operations in a fast-paced environment.
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SKILLS & INTERESTS

Skills: Video Production, Photography, Research and Laboratory, Leadership, Legal Writing, Social Media Management

Interests: Olympic Weightlifting, Sports Law, Community Engagement, Biomaterials and Regenerative Medicine