

Ashley Zuchowski

Greenville, SC / Clemson, SC

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EDUCATION

Clemson University

*Bachelor of Science in Parks, Recreation, and Tourism Event Management;
Conc in Sports Management / Minors in Sports Communications*

Clemson, SC
Expected Spring 2026
GPA 3.12

LEADERSHIP AND WORK EXPERIENCE

NASM Certified Personal Trainer

Sportsclub Greenville

June 2023 – August 2024
Greenville, SC

- Guided 8 clients to improve and achieve their health/fitness goals while selling fitness packages
- Designed unique and creative workouts for ages 10 to 80 years old
- Earned certification on June 16, 2023, for 2 years
- Developed professional communication skills and established strong rapport with clientele

Junkyard Coach/Group Fitness Trainer

The Junkyard

March 2025 – Present
Clemson, SC

- Expertly leading group fitness classes, including HIIT and circuit training, to energize and motivate diverse groups of people, fostering an inclusive and high-performing environment
- Monitoring and assessing individual performance during group sessions, offering tailored feedback and modifications to ensure clients of all fitness levels achieved their personal best
- Guiding clients in setting and attaining specific fitness goals, providing customized support and encouragement, leading to significant improvements in their overall health and well-being

Front Desk Cashier/Customer Service and Marketing

Lean Kitchen Company

January 2024 – January 2025
Clemson, SC

- Work with different fitness companies to market Lean Kitchen meals and supplements at vendors
- Communicate with customers what our mission is and how we provide our fresh-on-the-go meals
- Check out customers and answer any questions they have about our meal plans or meals offered in store

Waitress and Cocktail Server

TD's of Clemson

Sept 2024 – Present
Clemson, SC

- Help manage and maintain TDs server organization, ensuring high availability/performance
- Regularly check and improve server performance
- Ensure excellent service and build strong social skills with customers

COMMUNITY AND CAMPUS INVOLVEMENT

Clemson Sales Innovation Program

Barnes Center

January 2025-Present
Clemson, SC

- Developing honed sales skills through comprehensive training and real-world application
- Collaborating with 16 different professional industries, while increasing my ability to deliver successful sales pitches and client conversions
- Participating in potential sales challenges and role-playing exercises, receiving recognition for exceptional performance and demonstrating strong communication and negotiation skills

Clemson Men's Basketball Intern

Littlejohn Coliseum

January 2025-May 2025
Clemson, SC

- Assisting in implementing strength and conditioning programs for the men's basketball team, focused on sports performance
- Conducting group training sessions, providing guidance on proper techniques/injury prevention with improvement in speed, agility, and strength
- Collaborating with coaching staff to monitor and assess athlete progress, leading to tailored workout regimens that enhanced overall team performance

MEDIA/CREATIVE EXPERIENCE

Podcast Co-host & Editor

June 2025-Present

Two Girls on the Sidelines- Sports Interview Podcast

Clemson, SC

- Produce a podcast focused on conversations with athletes and sports professionals
- Conduct research, write interview questions, and lead on-air conversations
- Record and edit episodes using iMovie, managing both audio and video content.
- **Youtube Channel:** <http://www.youtube.com/@TwoGirlsOnTheSidelines>

Sports Media Intern

August 2025-Present

The ROAR, Clemson's Flagship Sports Radio Station

Clemson, SC

- Support live game-day coverage for the Clemson Tigers by assisting with broadcast operations, stat tracking, pre/post-game analysis, and interviews
- Collaborate with on-air talent and production staff to deliver engaging programming to a local sports audience.
- Strengthen knowledge of Clemson Athletics through firsthand reporting and behind-the-scenes media experience.

SKILLS AND ACCOMPLISHMENTS

- Communication development with clients, leadership and marketing skills, addressing conflict, problem-solving
- NASM PT / Group Fitness Certification, SC Real Estate license, CPR/AED