

Isabella Hughes

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Education

Rutgers University | School of Arts and Science

New Brunswick, NJ

B.A. Journalism and Media Studies

Anticipated Graduation: May 2025

Minor in Sports Management

Big Ten Student-Athlete

Gymnastics | All-Around | New Brunswick, NJ

September 2021 – May 2024

- Commit to 20+ hours/week of team practices, training, competition, travel, and team activities while balancing a rigorous academic course load
- Participate in year-round service events on behalf of Rutgers University and Rutgers University Athletics
- Recruit and guide potential future teammates in their transition to college
- Career High of 9.825 on Vault
- Continued with sport after suffering 3 achilles tears.

- Medically retired in 2024 after injury

Work Experience

Surgent's Elite School of Gymnastics | Recreational Coach | Westfield, NJ

July 2024- Present

- Taught children (ages 3-13) the fundamentals of gymnastics
- Developed and implemented skill-building programs tailored to various age groups and skill levels, focusing on strength, flexibility, and technique that they can use in many areas of their life.
- Communicated directly with athletes and staff and took a leadership role.
- Managed classes of up to 10 people, implement thorough warmups, stretching, conditioning, and supervised the use of gym equipment.
- Fostered a supportive and motivating environment, encouraging teamwork, perseverance, and confidence in each athlete, resulting in continuous progress and development for recreational gymnastics students.
- Enhanced class efficiency and student respect by collaborating with management to improve communication with young gymnasts and their parents.

High Point Gymnastics Academy | Coach | High Point, NC

June 2019 – May 2024

(Seasonal)

- Taught children (ages 3-12) the fundamentals of gymnastics.
- Communicated directly with athletes and staff and took a leadership role, since I am a gymnast myself.
- Managed classes of up to 15 people, implement thorough warmups, effective stretching, and supervised the use of gym equipment.

- Built authentic relationships with the children and their parents in personalized private coaching sessions.

Service and Leadership

Central Jersey Animal Rescue | Volunteer | New Brunswick, NJ **October 2024**

- Researched and identified potential grant opportunities aligned with the organization's goals to help animals receive medical treatment
- Collaborate with the team to gather relevant data and success stories to strengthen grant applications.

Elijah's Promise | Volunteer | New Brunswick, NJ **November 2022**

- Bag lunches for local New Brunswick community members through Elijah's promise distribution

Salvation Army | Volunteer Gift Wrapper | New Brunswick, NJ **December 2021**

- Purchased and wrapped gifts for Salvation Army Holiday Angel Tree

Embrace Kids' Foundation | Volunteer | New Brunswick, NJ **September 2021-Present**

- Participate in RU4Kids Program to provide friendship and support to a patient child along with other team members through regular communication, participation in foundation events, and hosting patient visits

Scarlet Knights Gymnastics Academy | Volunteer | New Brunswick, NJ **September 2021 – Present**

- Set up and breakdown equipment before and after meets while guest judging during meets

50/50 Rutgers Football Raffle | Volunteer | New Brunswick, NJ **September 2021**

- Represented Rutgers Gymnastics while engaging with Rutgers Football fans to raise funds for the Gymnastics program