

Sports Management Internship & Professional Development Seminar

Career Development Plan

Student: Mary Kate Campbell

Ideal Entry-Level Job Description:

- Industry: Coaching
- Organization: Ohio Dominican University Athletic Departments
- Job Title: Ohio Dominican Women's Basketball Graduate Assistant
- Reporting Supervisor: Lynsey Warren
- General Responsibilities: Assist in coaching the team
- Hours: No set hours
- Compensation: Two years of tuition
- Benefits: None
- Opportunities for Advancement: Full time assistant coach

Qualifications for Ideal Job (Identify preparation - past and future - to qualify you for your ideal position):

I have experience in leadership and playing for a collegiate basketball program in the same conference. I held a position as a student assistant of Tiffin Women's Basketball team for one year. I have helped work camps, clinics, run summer tournaments, and coached Freshman and Junior Varsity high school teams in summer league.

Philosophy Statement (Given the growing nature of the sport and recreation industry, identify your philosophy for what it takes to find a full- time job and succeed in a satisfying career in the field.):

In order to obtain a full time job in the sports and recreation field, it is necessary for the applicant to be willing to start from the bottom of the ladder and work the way up. The sports field has very demanding hours and in order to gain a full time position, the applicant cannot be opposed to working those hours. In order to succeed in the industry of sports and recreation, it requires hard work, dedication, crazy hours and the ability to take a mediocre paying job before obtaining the ideal occupation.

Discovery Worksheet

List 5 adjectives that describe you best

- 1. Dedicated
- 2. Passionate
- 3. Compassionate
- 4. Loyal
- 5. Trustworthy

List 5 adjectives that describe you worst

- 1. Lazy
- 2. Procrastinator
- 3. Weak
- 4. Negative
- 5. Ungrateful

Identify your 3 biggest fears in the job search / acquisition process

- 1. Failure
- 2. Inadequacy
- 3. Rejection

Identify what you want your life to look like a year after graduation

A year after I graduate, I am hoping to be well established in my job. No matter where I end up, I hope to be a great asset to my company. I will be continuously looking to advance in my career.

Identify what challenges you face to make that happen

In any job search, I have to be willing to accept rejection. I will also run into challenges especially if I do not like my position, I will find it hard to be motivated but I cannot let that discourage me because if I do my best, I will be able to advance to a position in which I will love my job.

Identify what commitments you need to make to face those challenges

Especially working in the Sports industry, it is difficult to limit yourself to one specific geographic location. I have to commit to being open to moving. I also have to commit to my job no matter what the circumstance.

Write a 15 second elevator speech about yourself

My name is Mary Kate Campbell. I am graduating from Tiffin University in Sports and Recreation management. I am currently working as the Tiffin Women's basketball student assistant, after being a player on the varsity team for the previous three years. I am hoping to find a career in the sports or recreation field upon graduation in May.

Write a 45 second commercial about yourself

Mary Kate Campbell is a very dedicated and hardworking individual. She is willing to go above and beyond in any task she is given. Her leadership skills and people skills allow her to make connections with all types of people. Her experiences include working in the Ohio State sports camps, Olympic swim club office manager, Ohio State LiFE Sports Camp administrative assistant, Tiffin University weight training assistant, and Tiffin University Women’s basketball student assistant. Her qualifications and experiences make her a great candidate for any position in the sports or recreation field.

SWOT Analysis – (Internal) Things You Control

Rank	Your STRENGTHS	Your WEAKNESSES
	Skills related to your field -Dedicated -Hard Working -Trustworthy	Skills related to your field -Lack willingness to take risks -Lack confidence -Lack Creativity
	Management -Leadership abilities and skills	Management -People pleaser
	Teamwork -Work well with others	Teamwork -May not delegate properly
	Communication -Very vocal and out going	Communication -Could come off as “too vocal”
	Technology -Have generational understanding of basic technology and can learn fast	Technology -Do not know many advanced technology skills
	Social -Very personable and respectful of others	Social -Will be “friends” with people that should be treated more professionally
	Personal - Family/Health -Extremely family oriented and protecting of family	Personal - Family/Health -Closeness with family could limit my opportunities with advancements or relocations

Look at your skills and abilities in your personal and professional life. Identify strengths and weaknesses relative to your marketability for employment in your chosen field. Where are you now? What are your strengths? What are your weaknesses? Once you know your strengths and weaknesses, you will know what areas to promote and can formulate your goals for where you would like to be.

SWOT Analysis: (External) Things You Don't Control

OPPORTUNITIES you can use	THREATS that face you
Economy/ Demand for jobs -Women in sports are always needed	Economy/ Demand for jobs -Lack of job availability and a growth in the number of students in this field
Social Trends -Sports will always be the most popular trend	Social Trends -Success of sport teams
Political -Great advancements with women in sports	Political -Political views
Technology -Continuous advancement of technology	Technology -Keeping up with the advancements
Advancement Availability -Doing well in lower positions in order to get a promotion	Advancement Availability - Other qualified coworkers
Location (Job, Geography) -Sports jobs are available across the country	Location (Job, Geography) -Not being able to relocate
Workplace Culture -Working in the sports field is surrounded around sports	Workplace Culture -Demanding hours causes stress within the workplace
Required Education -Under Graduate degree	Required Education -Masters degree

Look at the factors above and list items that have an impact on your career. Identify opportunities and threats for ANYONE with similar qualifications and experiences to become successfully employed in your chosen field. Look at the career you want. What is the education that you need? Can you get a job anywhere or only in a certain part of the country? These are all factors that you can't control which will influence your career. Knowledge of these issues can help you make better decisions.

Goals Worksheet

Age Now: 21 Age in 10 years: 31

My Vision of my life in 10 years:

My Life	My Ideal Life:
Career	Athletic Director
Income	\$100,000
Net Worth	\$50,000
Home(s)	Own a home
Geography	Midwest
Lifestyle	Wife and mother, financial stability
Health	Continue to exercise daily
Family	Be married with 1-2 kids
Relationship	Happily married
Education	Bachelor's degree in Sports Management and Master's degree in Sports management and leadership

My Hedgehog

I am the best

in the world at...

Loyalty

Positivity

Leadership

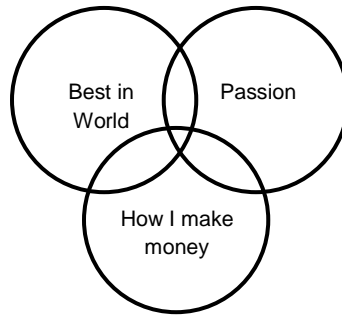
I am deeply

passionate about...

Family

Faith

Relationships



My Goals

	Health	By When	Career	By When	Personal	By When
1 year	1. Continue physical therapy	22 years old	1. Obtain an assistant coaching job	22 years old	1. Keep relationships	22 years old
	2. Stay as active as possible	22 years old	2. Go to grad school	22 years old	3. Receive good grades in grad school	22 years old
5 year	1. Exercise daily	26 years old	1. Obtain an upper level job	26 years old	1. Keep strong relationships	26 years old
	2. Eat healthy, balanced diet	years old	2. Get offered promotion	26 years old	3. Marriage	26 years old
10 year	1. Continue healthy eating	31 years old	1. Find a job that I love	31 years old	1. Be in a happy marriage	31 years old
	2. Continue to exercise and take care of injuries	31 years old	2. Continuously make advancements	31 years old	3. Have 1-2 kids	31 years old

Career Goals and Action Plans (use the information from the chart above)

Within 6-8 months (Graduation)

- i. Goals: Identify two-three goals to assist you in becoming more marketable for a career.
 - a. Complete a well-developed resume
 - b. Attend career fairs in order to network
 - c. Apply for as many jobs as possible
- ii. Action Plan: Identify an action plan for achieving one of the goals

- a. Continuously search for jobs and opportunities and ask for as many people as I can to review my resume. All career fairs available I will attend and bring a well-developed resume to.

Five Years

- i. Goals: Identify two-three goals you wish to accomplish upon graduating from Tiffin University or within 5 years
 - a. Get a good entry level job
 - b. Perform well at my job
 - c. Get a promotion
- ii. Action Plan: Identify an action plan for achieving one of the goals
 - a. Apply for as many jobs as I can and be open for any job and job location.

Ten Years

- i. Goals: Identify career goals you wish to accomplish after several years in the job market.
 - a. Get a promotion
 - b. Find a job I love
 - c. Have a good salary
- ii. Action Plan: Identify an action plan for achieving one of the goals
 - a. Be willing to take a job that may not be ideal, in order to work my way up.

Job Locations or Graduate School Information upon Graduation

A) Organization:

- a. Industry Sector: Ohio Dominican Women's Basketball
- b. Address: 1216 Sunbury Rd. Columbus Oh. 43219
- c. Website: <http://ohiodominicanpanthers.com/sports/wbkb/index>
- d. Phone: 614-251-4564
- e. Contact Person & Title: Lynsey Warren, Head Women's Basketball Coach
- f. Position/Area of Interest: Assistant Coach

B) Organization:

- a. Industry Sector: Ohio State University Sports Camps
- b. Address: 2400 Olentangy River Rd, Columbus, OH 43210
- c. Website: ohiostatebuckeyes.com/camps
- d. Phone: 614-247-CAMP
- e. Contact Person & Title: Jerry Davis, Director of Sports Camps
- f. Position/Area of Interest: Assistant Director

C) Organization:

- a. Industry Sector: Ohio Dominican Graduate School
- b. Address: 1216 Sunbury Rd. Columbus Oh. 43219
- c. Website: <http://www.ohiodominican.edu/Academics/Graduate-Areas-of-Study/Graduate-Areas-of-Study/>

- d. Phone: 614-251-4730
 - e. Contact Person & Title: Theresa Holleran, President of Academic Affairs
 - f. Position/Area of Interest: Masters of Sports Management and Leadership
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Future Networks

Identify titles of individuals you would like to bring into your network and the means to develop a professional relationship.

A. Name & Title: Jeff Blair, Ohio Dominican Athletic Director

- Additional Contact Info: blairj2@ohiodominican.edu, 614-251-4735
- Means to develop relationship: Job openings in the athletic department

B. Name & Title: Mike Malo, Sr. Vice President of Sales and Marketing of Columbus Crew

- Additional Contact Info: (614) 447-CREW (2739)
- Means to develop relationship: Job openings with the Columbus Crew

C. Name & Title: Scott Lofton, Director of Operations for Columbus Blue Jackets

- Additional Contact Info: 614.246.4200
 - Means to develop relationship: Job Openings for the Columbus Blue Jackets
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