
Professional Experience

GS Consulting & Communications, President & CEO 1997 to Present

Process Improvement and Business Process Reengineering Consultant

Sideline Prep, Co-Owner 2008 to Present

Professional NFL & NBA Cheerleader/Dancer Consulting Company

Monumental Network Correspondent 2010 to Present

Correspondent for Monumental Network

Former In Arena Host for the Washington Wizards and the Washington Wizards

Dance Experience & Awards

NBA Washington Wizard Girls – Captain/Dancer 2009 to 2012

- Model for the Annual Swim Suit Calendar
- Community Relations Star Award 2009-2010
- Most Valuable Wizard Girl 2010-2011 and 2011-2012

Sweethearts for Soldiers – Dancer/Team Member 2008 to 2013

NFL Washington Redskins Cheerleader – Captain, 2004 Pro Bowl Cheerleader 1999 to 2007

- Eight year veteran; Four year Captain; Two-time Annual Swim Suit Cover Girl
- Director's Choice Award: 2001, 2002, and 2004
- Outstanding Leadership and Choreography Award: 2003 and 2006
- Lifetime Achievement Award: 2006/2007
- Traveled overseas to various military bases in support of Department of Defense, MWR, and USO to perform for US troops

Alpha Kappa Alpha Sorority Step team 1993 to 1997

Cheerleading Experience & Awards

Judge 1993 to present

- Judge for semi pro and pro NFL, NBA, and MISL dance teams
- Judge for numerous Cheerleading competitions (Athletic Championships, ACDC/Coastal Cheer and Dance, ECDA, Eastern Cheerleaders Association, Virginia State Cheerleading Championships and District Championships)
- Judge for numerous middle and high school cheerleading tryouts

AACD Pro-Bowl Selection Judge 1999 to 2004

- Selected as an All American Cheer and Dance (AACD) staff member for the 2001, 2002 and 2003 Pro Bowl Game in Honolulu, Hawaii
- Select cheerleaders and dancers to participate in the annual Pro Bowl Game

USA –Spirit Station Co-Ed Open Competition Squad 1997 to 1999

- Routines require both dancing and stunting/cheering, Richmond, VA

University of Richmond Co-Ed Cheerleading Squad 1993 to 1997

- All game routines and exhibitions required dance, cheerleading, and co-ed stunting
- Member of the 1997 UCA Small Co-ed Championship Team, Orlando, Florida

Dance & Cheerleading Coach for George Wythe High School 1996 to 1997

Cheerleading Instructor Summers of 1995, 1996 & 1997

- Cheerleading Camp instructor for numerous middle and high school cheerleading/dance teams through *Let's Cheer, Inc.* (Richmond, VA)

Hermitage High School Cheerleading/Dance Squad 1991/1992 & 1993/1994

- Football and Basketball Seasons

Modeling Experience

- Washington Redskins Cheerleader Swim suit Model eight years; "Cover Girl" two times
- Washington Wizard Girl Swim suit Model

Professional Affiliations and Community Service

- Volunteer Board of Examiners Member • Baldrige Performance Excellence Program • 2013 - Present
- Volunteer for Maryland Performance Excellence Foundation (MPEF) • Leadership Team Member / Mentor • MPEF • 2009 - Present
- American Society of Quality (ASQ) • 2004 - Present
- Alpha Kappa Alpha Sorority, Inc. • 1994 - Present
- Team Leader / Scorebook Editor / Examiner • MPEA Program • 2004 - 2006, 2008 - 2009
- Performer for numerous military appreciation tours for the DOD, USO, and AFE in support of our troops. Visited military bases and installation in Afghanistan, Qatar, Bosnia, Kosovo, Italy, Spain, Greece, Japan, Turkey, Guam, Kwajalein, and Micronesia.

Education

ESI International / George Washington University, Project Management Center of Excellence

MASTERS CERTIFICATE IN PROJECT MANAGEMENT • Project Management Institute (PMI) • 2003

UNIVERSITY OF RICHMOND • Richmond, VA • 1997

BACHELOR OF SCIENCE IN BUSINESS ADMINISTRATION CONCENTRATION IN MARKETING

Graduated cum laude • E. Claiborne Robins School of Business