

Angelica Davison McCarthy, DAT, LAT, ATC, NASM-PES

Address: 14781 S Spur Dr., Miami FL, 33161

Email: amd4553@gmail.com

Phone: (412) 352-1186

www.mccarthyathletictraining.com

<https://linktr.ee/dramccarthy>

EDUCATION

Temple University, Philadelphia, PA

Doctor of Athletic Training, Summa Cum Laude

Capstone: The effect of polyphenol-rich pomegranate supplementation on pro-inflammatory markers

West Virginia University, Morgantown, WV

Master of Science in Athletic Training

Research Project: Development of a ballet specific functional rehabilitation program using the Modified Delphi Technique

Slippery Rock University, Slippery Rock, PA

Bachelor of Science in Athletic Training

CAATE Accredited Athletic Training Education Program

ATHLETIC TRAINING EXPERIENCE

Miami City Ballet, Miami FL, 2/1/2022- present

- Part-time clinician for MCB PT department.
- Evaluate, treat, rehabilitate, prevent, and modify risk of performance related injuries.
- Perform manual therapy for prevention and maintenance of performing arts injuries.
- Education on functional movement, recovery, health, and wellness.

Under Armour Next, Orlando FL, 12/28/2021-1/2/2022

- Provided sport performance recovery services for the UA Next football and volleyball teams.
- Recovery services included manual therapy, Marc Pro, mindfulness, breathwork, contrast bath, foam rolling, dynamic functional movement.

Jacob's Pillow, Becket, MA, 3/2021- 9/2021

- Covid Compliance Officer and Health Care Coordinator for the The School at Jacob's Pillow summer program and Jacob's Pillow Dance Festival.
- Coordinated and implemented Covid-19 testing, contact tracing, managed personnel health checks, co-coordinated and updated Covid-19 policies and procedures with local health officials and consultants.
- Coordinated healthcare and emergency services for JP dancers, visiting performing artists, faculty, and interns.
- Coordinated emergency response system action planning for JP campus.
- Coordinated interdisciplinary healthcare including HSS physical therapy, massage therapy, mental health, etc. treatments in addition to athletic training staff.
- Administrative duties included health care team leadership, emergency action planning, injury prevention, and health and wellness education, budgeting for health office supplies.

McCarthy Athletic Training & Wellness, Founder and Owner, Madison, CT, 2/2020-present

- Holistic-based care to support longevity of health, well-being, and life balance, treating the

whole-person – mind, body, & soul.

- Services include: Health and Well-Being | Injury Prevention Education and Promotion; Athletic Training Consultation; Workplace Wellness; Functional Movement Assessment; Ergonomic Analysis; Holistic Bodywork
- Clientele: Performing Arts, Athletics, Tech/Corporate, Industrial
- Partnerships: Fusionetics, Juice Plus+, Hyperice

Work Right NW, Woodland, WA, 8/2020-3/2021

- Athletic Trainer and Injury Prevention Specialist for Precision Castparts Corp., Groton, CT.
- Provide part-time proactive jobsite first aid, injury prevention, health promotion, and human performance coaching.

United States Tennis Association Inc., White Plains, NY, 1/19-present

- Currently provide emergency care, first aid, and total-body treatment for athletes on the USTA Women's Professional Circuit.
- Lead Athletic Trainer coordinating care between local tournament director, physician, and USTA supervisor.

Massage Beyond, New York, NY, 4/18-present

- PRN manual therapy for the cast and crew of *Hamilton* on Broadway.
- Co-founded "Two-Show Day Tune-Up" providing hands-on 20-min maintenance treatments for individuals in the performing arts community.
- Administrative duties including creation of emergency action process planning and intake documentation.

Sage Valley Junior Invitational, Graniteville, SC, 3/2020

- Provided sport performance recovery services utilizing Normatec, and Hyperice recovery systems for the top 50 junior golfers in the world.
- Assessed functional movement and dysfunction utilizing Fusionetics performance system to generate self-care programs to correct functional imbalances and improve performance.
- Performed manual therapy techniques such as PNF stretching, soft tissue and joint mobilization, and MET to improve quality of movement throughout tournament play.

Alliance Physical Therapy Partners/Work-Fit, Grand Rapids MI, 1/2/19-1/17/2020

- Athletic Trainer for Pratt & Whitney, East Hartford, CT.
- Provided proactive jobsite and office ergonomic assessment, injury prevention, health promotion, and human performance coaching.
- Lead pre-work warm-up stretch groups and educating on proper technique to prevent risk of injury.
- Educated on proper body mechanics to decrease risk of injury of job duties and activities of daily living.

Walking with Dinosaurs Arena Tour, Pittsburgh, PA, 8/2/14

- Provided athletic training services including injury prevention, and maintenance for cast and crew.

Neurotour/Neurosport Physical Therapy Inc., Marietta, GA, 2/11/13- 3/3/18

- Independent contractor Athletic Trainer (PRN)- 3/8/18-12/15/18
- Evaluated, treated, rehabilitated, prevented, and modified risk of performance related injuries.
- Performed manual therapy for prevention and maintenance of performing arts injuries.
- Educated/Instructed new hires in the Neurotour Physical Therapy fellowship.

- Worked within the physical therapy and functional training clinics, high school setting at Atlanta Girls' School, and Georgia United club soccer outreach.
- Touring shows: *Katy Perry Witness: The Tour*, *The Bodyguard the Musical* 1st US National Tour featuring Deborah Cox, *Sister Act the Musical* 2nd National Tour, *War Horse* 1st US National Tour, *The Lion King* Prideland Tour, *STOMP* Tour of the Americas, *Wicked* Emerald City/Munchkinland Tours
- Tour logistics: *Pretty Woman* (Chicago preview), *Blue Man Group* Chicago, *Love Never Dies*, *Beauty & the Beast*, *Bullets Over Broadway*
- Television and Concierge services: *Jesus Christ Superstar Live!*, *Harry Potter and the Cursed Child*, *Summer- The Donna Summer Musical*
- Broadway/Off-Broadway shows: *Frozen*, *To Kill a Mockingbird*, *Cleopatra*, *Dance Nation*, *Hamilton* (Chicago), *3 Tall Women*, *Sleep No More*, *School of Rock*, *Shuffle Along*, *The King and I*, *The Royale*, *Curious Incident of the Dog in the Nighttime*, *Allegiance*, *Queen of the Night*, *The Lion King*.

Lord of the Dance, Unicorn Entertainment Inc., 11/30/12-12/23/12

- Toured Monaco, France, and Switzerland.
- Treated 40 professional Irish dancers and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.

Blast! 2012 Japanese Tour, Kyodo Tokyo Inc, Tokyo, Japan, 6/12-10/12

- Toured all 47 prefectures of Japan.
- Treated 35 professional cast members and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.
- Direct liaison to physician for performance injury referrals.

Ocean Blast Fever, Mason Entertainment Group, Bloomington, IN, 5/29/12-6/14/2012

- Traveled to Yeosu, South Korea for the 2012 Yeosu World Expo.
- Treated 35 professional cast members and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.
- Direct liaison to physician for performance injury referrals.

Blast! 2011-2012 US National Tour, Prather Entertainment Group, Fort Myers, FL 8/11-4/12

- Treated 35 professional cast members and company.
- Prevented, evaluated, treated, and rehabilitated performance-related injuries.
- Communicated daily progress and injury reports to management.
- Maintained athletic training supplies and inventory.
- Direct liaison to physician for performance injury referrals.

Madison Scouts Drum and Bugle Corps, Madison, WI, 6/11-8/11

- Treated 150 all-male Corps members and staff on bus and truck tour.
- Prevented, evaluated, treated, and rehabilitated athletic injuries.
- Maintained athletic training supplies and inventory.
- Direct liaison to physicians for performance injury referrals.
- Consulted for Pacific Crest Drum and Bugle Corps

PERFORMING ARTS EXPERIENCE

Sustainability for the Arts, Co-Creator, 9/2020-present

- Sustainability for the Arts' mission is to empower the arts community to step up to their fullest potential through Whole Person Sustainability: The art of balancing the Mind, Body, Soul & Life.
- Blog contributor for Theatre Art Life, a global platform for live entertainment industry professionals.

Performing Arts Organizations

- Empowered Artist Collective, Guest Artist: Body Health & Wellness; 9/2020-present
- Motivated Movers NYC, Advisory Board and Movement Wellness Contributor; 8/2020-present
- Guilford Performing Arts Festival, Judging committee; 7/2020

TEACHING EXPERIENCE

Connecticut Experiential Learning Center Middle School, 9/2020-12/2020

- Health and Wellness curriculum - based upon the foundations of functional medicine, health and wellness, injury prevention, and promotion of healthy lifestyle living.

CERTIFICATIONS AND MEMBERSHIPS

- Board of Certification Certified Athletic Trainer, #2000002856; 3/10-present
- National Provider Identifier, #1437472552
- Covid Compliance Officer, Health Education Services, 4/8/2021
- Covid-19 Contact Tracing, John's Hopkins University, 4/5/2021
- OSHA-10 certified; 4/19-present
- Dry Needling certified, Structure and Function; 4/17-present
- Functional Movement Screen (FMS) certified; 6/15-present
- NASM Performance Enhancement Specialist (PES) certified, #1420921; 8/12-present
- Graston Technique certification; 5/11-present
- American Heart Association BLS for Healthcare Provider (CPR&AED); 7/06-present
- Fusionetics License; 1/20-present
- Juice Plus+® Partner; 1/20-present
- Hyperice Partner; 12/21-present
- Florida State Licensure, License #AL6473; 12/21-present
- Massachusetts State Licensure, License #3606; 7/21-present
- Connecticut State Licensure, License #1365; 7/18-1/2022
- New York State Licensure, License #002573; 9/13-present
- Georgia State Licensure, License #AT002221; 3/13-12/2020
- Pennsylvania State Licensure, License #RTO000095; 3/10-12/18
- National Athletic Trainers' Association; 7/06-present
- Performing Arts Athletic Trainers' Society, Education Committee; 9/2020-4/2021
- NATA COPA Private Practice and Emerging Settings committee member; 5/2021-present

PRESENTATIONS

- Whole Person Wellness in the Workplace; Jacob's Pillow Dance, 1/22
- Eastern Athletic Trainers' Association Poster Presentation, Titled: The effect of polyphenol-rich pomegranate supplementation on pro-inflammatory markers, 1/2021
- Bike and Body Tune injury prevention; Global Impact Productions, 7/18
- *Harry Potter and the Cursed Child* injury prevention workshop, 5/18
- *The Bodyguard the Musical* injury prevention workshop, 1/17

- *On the Nun Tour: Athletic Training on the Road*, National Athletic Trainers' Association Annual Meeting; 6/16
- *Shrek the Musical* injury prevention workshop, 11/15
- *Sister Act the Musical* injury prevention workshop, 10/1/14
- Dance Injury Prevention and Wellness; Christine's School of Dance Ballet Intensive, 8/9-8/10/14

PROFESSIONAL REFERENCES

Jamie Mansell PhD, LAT, ATC
Associate Professor of Instruction
Athletic Training Program Director
Temple University
Department of Health and Rehabilitation Sciences
Pearson Hall 261
1800 N. Broad St.
Philadelphia, PA 19121
jmansell@temple.edu
(215) 204-2153

Ariana Massery
Producing Director
Jacob's Pillow Dance
358 George Carter Road
Becket, MA 01223
amassery@jacobspillow.org
(413) 243-9919 x111

Dawn Mele, MS, LAT, ATC, CSCS, CEAS II
Licensed/Certified Athletic Trainer
Program Manager, Pratt & Whitney
Work-Fit
dmele@work-fit.com
(860) 331-9298

Richard Mhlanga, LMT
Owner/Licensed Massage Therapist
Massage Beyond
MassageBeyondNYC@gmail.com
(973) 332-0868

Andrew Terlizzi
Company Manager
Troika Entertainment
aterlizzi@troika.com
(336) 407-2010

Stephanie Trigg
Talent Envoy, Company Manager
The McKittrick Hotel, Sleep No More
strigg@mckittrickhotel.com
(212) 904-1880

Theresa Swanson, MEd, ATC, LMT, CES, PES
Certified Athletic Trainer, Licensed Massage Therapist
Fusionetics
tswanson@fusionetics.com
(310) 308- 2850