

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

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## 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.

**Jacob's Pillow, Becket, MA, 3/2021- 9/2022**

- Covid Compliance Officer and Health Care Coordinator for the The School at Jacob's Pillow summer program and Jacob's Pillow 2021-2022 Dance Festivals.
- 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

**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.

**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* 1<sup>st</sup> US National Tour featuring Deborah Cox, *Sister Act the Musical* 2<sup>nd</sup> National Tour, *War Horse* 1<sup>st</sup> 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**

- Mindful Movement Workshop, One Body One Voice, Penn State, 8/7/2022
- Dancer Wellness; The School at Jacob's Pillow, 2021-2022
- 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