

LIANNA THOMAS

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845-826-3183

Education

2009-2013 Attended Keystone Online high school

2014-2016: Attended Rockland Community College under the Sam Draper Honors Program

August 2016: Earned an Associates Degree in Honors Math and Science with a 3.6 GPA

September 2016: Beginning Junior year as a Binghamton University transfer student, majoring in biology with a focus on pediatric occupational therapy.

Figure Skating Experience

2004-2014-U.S. Figure Skating Competitor

2011-Hausperg Trophy, Mennen Arena, New Jersey

2011- Sectional Bronze Medalist, Jamestown, NY

2012- U.S. Figure Skating National Competitor, San Jose, CA

2012-U.S. Figure Skating Regional Competitor

2013-Gold Medalist, State Games of America, San Diego, CA

2013- U.S. Figure Skating National Competitor, Omaha, NE

2013-U.S. Figure Skating Eastern Sectional Medalist, Jamestown, NY

2015- Canadian Skating Federation National Competitor, Ottawa, Canada

Highest Test Levels → Junior Freeskate, Novice Pairs, and Junior Moves in the Field.

Highest Jumps reached during competitive years: all triples (except axel)

Retired competitive skating in 2014

Work Experience

Christina Makris

Coach / since fall 2014

I have been coaching at the Palisades Center Ice Rink since fall of 2014. Since then, I have built up a clientele of over 20 students of all levels ranging from beginners first stepping onto the ice, to competitive test track levels as well. I have a natural connection with children and

a very good plasticity to mold my teaching in order to fit each student's needs more efficiently.

Awards and Acknowledgements

2012- Annika Inspiration Award- Billie Jean King's Women's Sports Foundation-National title given to a high level female athlete who gives back to her sport. The award was presented for developing a skating/support program, called the Ice Pandas, designed to improve the self-esteem and confidence of young girls who had been adopted from China. The program ran for three years, and benefitted more than 25 girls.

2013-Guangyin Award-Presented by Families with Children from China of New York-Given in recognition of volunteer hours accrued in work with the Ice Pandas, and in volunteering with Homeland Children's Foundation, a not for profit foundation providing aid and education to children in China's orphanages.

2013-President's's Bronze Volunteer Award for Service-For volunteer hours in work with the Ice Pandas, and Homeland Children's Foundation.

2014-Guangyin Award, Families with Children from China, New York- For Volunteer hours in China, in May, 2014, assisting staff from Across the World Adoptions in making evaluations of orphans with medical needs and developmental disabilities. Also, in recognition of participation in a two week build in August, 2014, through Dacotah Tipis/Habitat for Humanity, and for providing programs for children on the Crow Creek Sioux Reservation in Fort Thompson, SD.

2014-President's Bronze Award for Service- In recognition of volunteer hours in Chinese orphanages with Across the World Adoptions and on the Crow Creek Sioux Reservation in Fort Thompson, SD.

2015- Guangyin Award, Families with Children from China, New York- For volunteer hours in China in May, 2015, assisting staff from Across the World Adoptions in making evaluations of orphans with medical and developmental disabilities. Also for volunteer service in July and August, 2015 at Jawonio, a not for profit early intervention program for young children with developmental disabilities, in Rockland County, New York.

2015- President's Gold Award for Service- In recognition of volunteer hours working in Chinese orphanages, and in the early intervention program at Jawonio, a not for profit early intervention program in Rockland County, New York.

2015- Inducted into the Phi Theta Kappa Honors Society for high academic achievement.