

## Eric Griebenow

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### EDUCATION

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Wisconsin Lutheran College  
Bachelor of Science Degree – Sports and Exercise Science  
Milwaukee, WI  
August 2014-May 2018

Luther Preparatory School  
High School Diploma  
Watertown, WI  
August 2010-May 2014

### WORK EXPERIENCE

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Machine Operator  
Feb 2020-May 2021

Kwik Trip Kitchens- La Crosse, WI

- Forklift operator and machine operator for both the pizza production lines and soup room
- Demonstrated skills of time management, accuracy of food product labels, management of materials, coordinating with warehouse, and moving finished pallets into freezer
- Was 1 of 3 team members trained on new packaging robot
- Capable of lifting 40 lb blocks of cheese, 50 lb boxes of sausage, 60 lb pallets continually throughout the day

Outside Yard/Forklift Operator  
Feb 2020-June 2020

Menards

- Trained to identify specific types of building materials ranging from different species of wood, building materials needed for specific projects, and how to properly stack and store materials
- Assisted in loading trailers, culling bad wood, managing inventory, stocking and cycling through old wood, and loading and unloading trailers

Outbound/Shipping Team Member  
May 2018-Jan 2020

Target Distribution Center- Oconomowoc, WI

- Gained time-management skills, efficiency, and safe biomechanics in a strenuous work environment.
- Trained on various Crown Powered Industrial Trucks; forklift, rider pallet truck, and tow tractor.
- Participated in safety and quality audits, and provided feedback for improper biomechanics.
- Point of contact (POC) for Outbound Department, communicate with operations managers on strategies and oversee team member production and quality
- Lock-out Tag-out (LOTO) trained.

### LEADERSHIP EXPERIENCE

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Treasurer- Warrior Event Club  
Fall 2016-Spring 2018

Wisconsin Lutheran College

- 500 hours of volunteering as treasurer for a student organization branched off of Student Senate.
- In charge of budgeting, planning, and running delegated events.

## **PROFESSIONAL DEVELOPMENT**

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175 Hour Internship- Athletic Training in Physical Therapy

June-July 2017

Aurora Medical Center- Summit, WI

- Observed and cooperated with athletic trainers in a clinical setting.
- Observed physical therapists and occupational therapists in a clinical setting.
- Placed in setting with recovering post-surgery rehab clientele; assigned exercises for rehab.

## **ACTIVITIES**

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Wisconsin Lutheran College

NCAA Division III Varsity Football

2014-2018

- Successfully balanced a full academic course load with a loaded schedule of competitions, practices, and meetings each season to complete my undergraduate degree on time.
- Strived to perform with best effort and confidence as a dedicated team player, including strong amounts of dependability and discipline.
- Developed strong communication with team members and continued dedication to complete four seasons.

NCAA Division III Varsity Baseball

2018

- Developed team management skills; including communication, discipline, and continual improvement.
- Participated in the varsity traveling team, including the pre-season trip to Florida.

## **VOLUNTEERING**

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Community Service

2014-2018

Wisconsin Lutheran College- Varsity Football Team

- Took time each season to clean litter throughout the community and along highways.
- Optional volunteer time, not required by the team.

## **HONORS**

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On Target Scholarship

2017

- Earned by nomination from professors and staff.