

# Randi S. Drasin

14157 Califa Street, Sherman Oaks, CA 91401 818-326-4266 [randi@randisfitness4kids.com](mailto:randi@randisfitness4kids.com) [www.randisfitness4kids.com](http://www.randisfitness4kids.com)

## **OBJECTIVE**

To obtain a position as a Dietetic Intern in order to gain supervised practice experience in the nutrition care process with the ability to sit for the state board exam.

## **PROFESSIONAL EXPERIENCE**

- **OWNER/DIRECTOR**, Randi's Fitness For Kids Nov. 1996-Present  
After-school programming at elementary & middle schools offering over 50 classes per week consisting of gymnastics, hip hop, cheerleading, yoga, musical theatre, sports clinics, ceramics, cartooning, movie making, digital photography, fashion design and creative cooking. My programs are currently offered at several schools in the SFV and Los Angeles areas. I also contract with the YMCA Grant Dept. providing enrichment for underprivileged inner-city children. Birthday parties and Gymnastics, dance & cheerleading specialty-training camps are also part of the program. I employ 15 independent contractors.
- **PHYSICAL EDUCATION SPECIALIST**, The Neighborhood School Sept. 1999 - Present  
Teach PE skills to kindergarten twice a week. Following the LAUSD PE Guidelines.  
Emphasis is based on coordination, motor skills, strength and endurance, flexibility and cardio-respiratory endurance.
- **SPECIALTY CAMP DIRECTOR**, Sports Plus Day Camp Summers 1998 - Present  
Director of specialty training camps consisting of gymnastics, dance and cheerleading, during 5 weeks of summer consisting of all necessary skills pertaining to each sport. The campers are tested and divided into beginning, intermediate and advanced groups and I hire coaches to teach them the appropriate skills for the week. Contests, exhibition, trophies and certificates at the end of each training week.
- **AFTER SCHOOL ENRICHMENT COORDINATOR/Volunteer**, Millikan Middle School Sept. 2002 - Present  
Coordinator in charge of the after school enrichment program on campus for 6th - 8th graders. Work closely with school administration and PTA to set up and coordinate the programs 3 times per school year.
- **OWNER/DIRECTOR**, Camp Tarzana Summers 2005 - 2007  
Curriculum and programming for 50-80 campers. Arts & crafts, water play, yard play, chess, cartooning, cooking, hip hop, martial arts, yoga and gymnastics. Prepared talent show for last day of camp. Hired, paid and trained all counselors and JC's.
- **GYMNASTICS SPECIALTY CAMP DIRECTOR**, Camp Funtime Summer/Winter 2000 - 2005  
Director of gymnastics training for summer and winter breaks. Consisting of floor tumbling, spring board, vault and balance beam. Groups are brought in throughout the day. Awards are given each day for best skills.
- **KESTER KIDS CLUB DIRECTOR/Volunteer**, Kester Magnet Elementary School Sept. 1999 - 2005  
KESTER MAGNET ELEMENTARY SCHOOL. In charge of arranging and hiring instructors to teach after school enrichment classes for 1st - 5th graders. In charge of designing registration forms, registration, invoicing and paying instructors, collecting all monies, arranged for liability insurance and permits from LAUSD.
- **PERSONAL FITNESS TRAINER**, Randi's Fitness May 1988 - 2005  
Provided clients (adults) with personalized weight training programs, body sculpting and diet consulting. Provided private gymnastics training and fitness classes for kids.
- **PHYSICAL EDUCATION SPECIALIST**, Beth Hillel Day School Sept. 1997 - June 1998  
PE Coach to K - 2nd grade on a daily basis. All aspects of physical education standards according to LAUSD PE guidelines.

## **EDUCATION and CONTINUING EDUCATION**

**MASTERS OF SCIENCE DEGREE**, California State University, Northridge, Dietetics (currently in progress)  
**BACHELOR OF SCIENCE DEGREE**, University of Northern Colorado, Dietetics 2009  
**BACHELOR OF ARTS DEGREE**, California State University, Northridge, Communications 1987  
**SPORTS NUTRITION WORKSHOP**, 4 CPE Credits, 2009  
**SOOTHING THE ANGRY ADOLESCENT**, 1 CPE Credit, 2009  
**MINDSET: A NEW STRATEGY FOR HEALTH BEHAVIOR CHANGE**, 1.25 CPE Credits, 2009  
**EATING OUT RIGHT AND SUPER FOODS FOR LIFE**, 1 CPE Credit, 2009  
**FROM CLICK TO CLIENT: SIMPLE SECRET TO DOUBLE YOUR WEBSITE BUSINESS**, 2 CPE Credits, 2009  
**TRANS AND SATURATED FATS: Translating Guidelines to the Table**, 1.5 CPE credits, FNCE  
**ADVANCED STRATEGIES FOR COUNSELING ATHLETES WITH TYPE 1 DIABETES**, 1.5 CPE Credits, FNCE  
**CREATIVITY IN THE KITCHEN WITH HEALTHY SWEET**, 1 CPE Credit, FNCE 2009  
**AGING, EXERCISE AND OPTIMAL NUTRITION: A Generational Challenge**, 1 CPE Credit, FNCE  
**PHYSICAL ACTIVITY: Strategies for Weight Maintenance, Loss and Prevention of Regain**, 1.5 CPE Credits, FNCE  
**FROM DIET TO DISORDER: Understanding the causes and treatment of eating disorders**, 2.0 CPE Credits, FNCE

#### **CERTIFICATIONS**

**CERTIFICATION**, Childhood & Adolescent Weight Management, Commission on Dietetic Registration, 2009  
**CERTIFICATION**, ServSafe, National Restaurant Association, 2008  
**CERTIFICATION**, American Council on Exercise, Personal Fitness Training, 1990

#### **MEMBERSHIPS and ACHEIVEMENTS**

**MEMBER**, NASC Honor Society, 2009  
**MEMBER**, International Society of Sports Nutrition, 2009  
**MEMBER**, American Dietetic Association 2007 – present  
**MEMBER**, California Dietetic Association 2008 - present  
**MEMBER**, Los Angeles Dietetic Association 2008 – present, Executive Board Member  
**MEMBER**, Weight Management DPG, 2009  
**MEMBER**, Sports Cardiovascular And Wellness Nutrition DPG, 2009  
**MEMBER**, Sherman Oaks Chamber of Commerce 2004-present  
**MEMBER**, USA Gymnastics – Instructor Member 2006-present  
**MEMBER**, 31<sup>st</sup> DISTRICT PTSA, 2002-present  
**PRESIDENT**, Millikan Middle School PTA (2003-2005)  
**PRESIDENT**, Kester Avenue Magnet Parent Association (2001-2002)  
**1st PLACE**, Senior Gymnastics Olympics at LAVC, 2004, 40 and Up  
**PUBLISHED ARTICLE**, Singapore Department of Education, 2000  
**PUBLISHED ARTICLES**, Bodybuilding.com, 2009-Present

#### **VOLUNTEER WORK**

**EXECUTIVE BOARD MEMBER**, Los Angeles Dietetics Association, June 2009-present  
**DIETETIC VOLUNTEER**, Olive-View UCLA Medical Center, June 2009 - present  
**CAREER DAY PRESENTER**, Millikan Middle School, 2003- present  
**DIETETIC VOLUNTEER**, New Horizon's Association for the Retarded Inc. Sam's Café, 2008 – 2009  
**CDA-LAD**, YMCA Healthy Kids Day, 2009  
**CDA-LAD**, St. Finbar Church Health Fair, 2009  
**NUTRITION EDITOR**, Foodpicker.org, November – December 2009