

TERESA ANNE VOLGENAU

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Academic Background

***University of Utah:** Bachelor of Arts

*Interlochen Arts Academy: Dance

Sport Fitness and Strength Training Certifications

***National Academy of Sports Medicine (NASM)**

***National Strength Conditioning Association (NSCA)**

Certifications and Licenses

CPR and Advanced First Aid	Current
Emergency Medical Technician (EMT-Basic)	1997
Wilderness Survival Training	1997
Scuba Diving- PADI (Open Water Diver)	1996
Sailing (Basic)	1995
Kayak-Trek and Trail Basic Safety Course	2000
Sky Diving-12, 000 ft., 1 full minute of freefall	2001
NORBA- Domestic Off Road Racing License	Current
California Motorcycle License	Current
Bay Area Motorcycle Training Course	2000

Representative Field Experience

***Competitive Tri-athlete and Mountain Biker:** Placed 3rd in Women's Sport, Cross Country Mountain Bike event at the NORBA National Championships; Mammoth, CA 2001. Placed within top three in numerous California Triathlon, Mtn. Bike Triathlon, and Mtn. Bike Racing events 2001-2003.

***Nepal-** Dhaulagiri Region. *High altitude trekking and camping up to 18,000 ft. Terrain varied from jungle to desert to oxygen-deprived heights. One month on the trail.*

***Chile-** Patagonia's Lake District. *Canyoning, Cliff dives, Traverses. White water rafting glacier rivers.*

***Argentina-** Buenos Aires. *2 month Urban adventure. Living the life of the Portenos.*

***Belize-** Jungles and Coastal. *Spelunking (by foot and by individual water vessel); 300+ ft. repel into ancient Mayan caves; Snorkeling; Scuba diving, Strenuous Jungle hiking.*

***Guatemala** –Tikal. *Strenuous climbing of ancient ruins.*

***Eastern Europe-** Czech Republic, Poland, Germany. *Two months of solo travel/backpacking.*

***Canada-** Northern Ontario, Tamagami Region. *Numerous 2-3 wk. Canoe excursions including backcountry camping and hiking and necessary portages. Vancouver, B.C. Six consecutive days carving Whistler. Blackcomb by snowboard.*

***Mexico** – Yucatan Peninsula. *Travel and exploration of Mayan Ruins, Cenotes and Caves. In-depth experience with people and culture.*

***Missinabee River-** Canadian wilderness. *White-water canoe adventure of old frontiersmen route from Mosinee to the base of James Bay. 2 weeks in duration, with extreme conditions.*

***Lake Superior-** Apostle Islands. *10 days of strenuous kayaking and camping.*

***Michigan-** Upper Peninsula, Grand Island, Isle Royal, etc. *Numerous intense mountain biking adventures, as well as backpacking and canoe excursions.*

***U.S. Continental Divide-** 10th Mtn. Division Trail. *Backcountry hut-to-hut cross-country ski, necessary avalanche safety.*

***New England-** The Presidentials, White Mountains. *Ascension of Mtn. Jefferson, Mtn. Garfield, Mtn. Willard.*

***Pacific Northwest-** Washington, Oregon, Northern California. *Seeking one awesome Mtn. Bike trail after another.*

***Ski Seasons-** UT, CO, CA. The Sierras, Rocky Mountains, Wasatch Ranges. *Innumerable days on the slopes.*

***Utah-** Winter Seasons. *5+ years of Alpine, Cross-country, and Telemark Skiing; Snowboarding; Snowshoeing.*

***Utah-** Fall, Spring, Summer Seasons. *5+ years of Mtn. Biking; Hiking, Climbing, backcountry and desert camping.*

***British Columbia-** Whistler/Blackcomb. *Winter vacation adventure by snowboard, snowshoe and boots.*

***Northern California-** Marin Headlands, Tahoe/Sierra Mtns., Black Mtns., Mt. Shasta *6+ years of Mtn. Biking, Road Biking, Hiking, Climbing and Rollerblading. Plus, White water rafting the American Fork River.*

***Central and Southern California-** Mt. Whitney. Rapid, one-day ascent of 14,500 ft., 22 mile climb. Sierra Mtns, Mammoth Mtn., etc- Mtn. Biking, Hiking, Snowboarding. Joshua Tree Natl. Backpacking/hiking.

Professional Experience

***"Fusion" by TAVLifestyle, Outdoor Sport Conditioning:** Program Designer and Coach 2004-Present

***Personal Fitness Trainer and Sport Conditioning Coach** –TAVLifestyle, SF and LA, 2001- present

***Fitness and Strength Conditioning Trainer** with F.I.T. (Focus on Individual Training), San Francisco 1998-2003.

***Instructor of Group Fitness Classes**, including: Spinning; Triathlon Spin; SAQ (Speed Agility and Quickness); Power Moves; and Dance (Classical and Contemporary movement), San Francisco 1997-2003; Los Angeles 2004-present.

Foreign Languages

Spanish- *Beyond Basic competency, currently studying for fluency*

French, Nepali, Polish, Czech- *Competency in basics for travel "survival"*

English as a Second Language- *Tutor*