

I was born and raised in Florissant, MO (St. Louis area). I have 3 sisters that are also in the education field. I graduated from McCluer North High School in 1996. I attended Southern Illinois University at Edwardsville(SIUE) and graduated with a Bachelor of Science degree in Health



Education in 2000. I was a member of the Cross Country and Track teams at SIUE. I taught middle school Health and coached high school track and cross country for a few years and then decided to step back from coaching to pursue my masters degree. I earned a Master of Science degree in Exercise Physiology/Kinesiology in 2004 from SIUE. In the fall of 2006, I returned to coaching and assisted with the Cross Country and Track Programs at Maryville University in St. Louis. I taught middle school Health Education for 7 years while coaching and working on my masters degree.

I moved to Kyle, Texas during the summer of 2007. I am working at Manor New Technology High School as a Health and Physical Education Teacher. I am enjoying the experience of using my creativity to develop interesting projects for my students. I have a strong motivation to live a healthy lifestyle and help others develop and maintain healthy lifestyles.

My husband and I recently welcomed our first child, Faith into the world. We also have an awesome dog named Trinity!

I am an avid runner and enjoy competing in races of various distances from 5k's to marathons. I have run 6 marathons-Chicago 2001, Chicago 2003, Chicago 2005, P.F. Chang's Rock and Roll Arizona 2005, San Diego Rock and Roll 2007, and San Antonio Rock and Roll 2008.