

# Timothy Burrow

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- **Recent college graduate – Stanford University, 2023** – Recognized for superior performance in the classroom and role model for other students during college. **Student Athlete (Football – 4-year letterman)**. Energetic and passionate about utilizing skills and acquired knowledge to embrace challenges and contribute to the marketing function of an organization.
- Outstanding interpersonal and communication skills; easily establishes rapport with culturally diverse people, cultivating and maintaining long-lasting relationships.
- Proven leadership abilities; adept at working collaboratively in a team environment and taking on leadership roles to provide training, coaching, and mentoring. **Core Strengths Include:**

**Brand Promotions • Strategic Marketing Plans • Client Relationship Management • Social Media Campaigns • MS Office  
Market Research & Analysis • Sales & Marketing • Website Development • Needs Assessment • Creative Solutions  
Event Coordination • Collaboration • Video Filming & Editing • Public Relations • Media Production**

## EDUCATION

**BS Communications Degree**, Stanford University, Palo Alto, CA; December 2023; Graduated in 3.5 years

- 4-year letterman as a defensive player (secondary).
- First Team - All-PAC-12 Teams (junior and senior year).
- Selected to play in the prestigious East West Shrine Game.
- Selected as First Team, All-ACC (Preseason – 2x).

### *Selected Classes:*

Intro To Business Software, Professional Life Skills, Intro to Communication & Rhetoric, Europe & World in the Modern Era, Monotheisms: Judaism, Christianity, Islam; Principles of Sociology, Lifestyles and Health, Writing, Studies in American Literature, Race & Ethnic Diversity in America, Public Speaking, Sociology of Deviant Behavior, Relational Communication, Political Communication, Empirical Research in Communications, Accessing Information in 21st Century.

**Special Project:** Internet Marketing & Communications - Examined the effects that the Internet has made on communication habits from social and business vantage points.

## EXPERIENCE

**Professional Football Player**, Los Angeles Chargers, Costa Mesa, CA; 4/2023 - present

Signed as a free agent after the completion of the NFL draft. Dedicated to learning the team's defensive playbook during the organization's transition to a new coaching staff and new headquarters in Costa Mesa.

- Participated in strength and conditioning program as well as the team's rookie camp and symposium, off-season training activities with the veteran players as well as summer training camp.
- Relationship ended after being "waived – injured" on the NFL's final mandatory cutdown day.

**Assistant Football Coach**, Eastside High School, Cary, NC; Summer Breaks

- Provided hands-on skills and fitness training in support of the program's defensive philosophies.
- Assisted the Defensive Coordinator and Head Coach in drafting practice and training regimens, in-season practice regimens, and after-school programs for weight and fitness training.
- Created innovative football drills based on game fundamentals and game-day situations, promoting proper technique, teamwork, discipline, spontaneous thought, and adaptability.
- Broke down game film from past seasons. Demonstrated "goal / challenge" and "problem / solution" scenarios for the team's linebacker group.
- Offered physical conditioning insight, motivation, and leadership required to assist players in understanding dedication needed for achieving peak performance.

## COMMUNITY INVOLVEMENT

**Mentor**, Brother to Brother Organization, Winston-Salem, NC

- Guided boys ages 8 to 10, serving as an example for building life skills as well as character, work ethic, accountability, respect, and acting with integrity.

**Tutor**, Athletes in Action, Winston-Salem, NC

- Supported the scholastic efforts of young student athletes at both the public school and university level.

**Volunteer**, Numerous Food Shelters & Wake Forest University, Winston-Salem, NC

- As a full-time student athlete, delivered food to low-income families.