

ADAM LUNDEGARD

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EDUCATION

CLEMSON UNIVERSITY

Bachelor of Arts in Language and International Business

Focus Language: Spanish

Clemson, South Carolina

December 2024

GPA: 3.41/4.0

Clemson University Men's Soccer Team | Captain

July 2021 – December 2024

- Managed a full-time student coursework with 20-40 hours per week training, reviewing film, and competing.
- Acted as a conduit between the coaching staff and 30-person roster to achieve short-term and long-term goals.
- Established a program culture by setting team goals, behavioral standards, & team building activities.
- Facilitated weekly team meetings, managed interpersonal conflicts, established weekly agendas, and collaborated with team members to establish and gain consensus for seasonal goals.
- 2022 & 2023 All-ACC Academic Honor Roll
- 2022 & 2023 All-ACC Academic Team
- 2021 & 2023 NCAA Division 1 National Champions

University of Salamanca - Clemson Language Immersion Program

May 2024 – June 2024

- Immersed in the culture and language of Salamanca, Spain to complete 6 credit hours and gain understanding.

WORK EXPERIENCE

CLEMSON UNIVERSITY | DIVISION OF FINANCE & OPERATIONS

Clemson, South Carolina

Business Transformation Intern | 160 Hour Internship

August 2024 – Present

- Serve strategic project manager within the Office of the Executive Vice President and Chief Operations Officer.
- Assist in benchmarking, mapping and aligning strategic projects in accordance with divisional goals.
- Create deliverables for clients including process maps, diagrams and other graphics, and procedural handbooks.
- Research and curate process change management tools and communication planning templates.

LOUDOUN UNITED FC

Loudoun County, Virginia

Professional Soccer Player

June 2019 – July 2021

- Played in the United Soccer League on an amateur contract to maintain NCAA eligibility.
- Acted as member of leadership group to establish team culture, goals, and standards.
- Transitioned online to finish junior and senior year of high school to facilitate participating in all team events.

PERSONAL SOCCER TRAINER

La Plata, Maryland

Independent Contractor

August 2019 – May 2021

- Organized, designed and led individual, small group, and full team training sessions.
- Trained aspiring soccer players aged 4 to 18 on a biweekly basis.
- Focused in developing mental, physical and technical skills to improve client's performance.

LEADERSHIP & SERVICE

OCONEE COUNTY SCHOOLS

Walhalla, South Carolina

Spanish Speaking Student Mentor

January 2024 – Present

- Served as a resource for newly relocated Central American elementary school students.
- Assisted with development and cultural integration of recently immigrated youth by attending weekly meetings.

TIGER LEADERSHIP ACADEMY

Clemson, South Carolina

Clemson Athletics Leadership Development Program

January 2022 – May 2024

- Completed a 3-year pathway of learning self-leadership, small group leadership and large group leadership.

SKILLS

Bilingual in Spanish and English

Microsoft Teams & Apps

Strong Interpersonal Communication