

Breanna Sage, MA, LAT, ATC

BOC #: 2000027526. NPI #: 1285161232

EDUCATION

Ohio University Doctorate in Athletic Training (Expected Graduation: May 2026)
ASPIRE to Teach University of Colorado- Denver Alternative Teaching Program (Completion Date: December 2022)
Ashford University Master of Arts in Sports and Performance Psychology (Graduation Date: March 2019)
Colorado State University- Pueblo Bachelor of Science in Athletic Training (Graduation Date: May 5, 2017)

ATHLETIC TRAINING

Head Athletic Trainer ***Colorado Spring, CO***

Mesa Ridge High School (July 2020-Present)

Administrated college athletic training program students and high school athletic training student aids

Certified staff, coaches and students in First Aid & CPR

Mitchell High School (August 2017-July 2020)

Administrated college interns and prospective athletic training students

Contracted Athletic Trainer ***Colorado Springs, CO***

Premier Sports Medicine (May 2024-Present)

Region 9 Youth Gymnastics at United States Air Force Academy (April 2024)

USA Gymnastics- Junior Rocky Mountain Open Gymnastics (January 2023-Present)

United States Air Force Academy- Summer Sports Camps (June 2022-Present)

CHSAA Region 4 Wrestling Tournament (February 2020)

Colorado Amateur Hockey Association Tournament Tier 1 State Playoff (March 2019)

United States Air Force Academy- Indoor Track Meet (March 2018)

United States Air Force Academy- Summer Seminar (June 2017 & June 2018)

Rocky Mountain State Games- Field Hockey (July 2017)

Contracted Athletic Trainer ***Colorado State University- Pueblo*** ***Pueblo, CO***

High School Football Camp (July 2019)

Soccer ID Camp (March 2019)

High School Track Meet (April 2019)

USA Junior High Wrestling Tournament (May 2018)

Volleyball Camp (July 2017)

Athletic Training Student ***Colorado Springs, CO; Pueblo, CO***

U.S Association of Blind Athletes Tandem Cycling Camp (May 2016-May 2017)

First Aid Responder ***Colorado Springs, CO; Pueblo, CO***

Let's Move Event at CSU-Pueblo (April 2016)

Special Olympic Basketball First Aid (2012)

TEACHING

College/University ***Pueblo, CO***

Adjunct Professor at Colorado State University- Pueblo in their Master of Athletic Training Program (July 2025-Present)

Secondary School ***Colorado Springs, CO***

Mesa Ridge High School (January 2022- June 2025)

AMERICAN RED CROSS INSTRUCTOR

Front Range CPR LLC ***Colorado Springs, CO***

BLS First Aid/CPR/AED (May 2025-Present)

Adult/Pediatric First Aid/CPR/AED (March 2023-Present)

Babysitter Training (March 2023-Present)

ACHEIVEMENTS

Certified Athletic Trainer Colorado

Member at Large for Colorado Athletic Trainers' Association (July 2023-Present)

College Student CSU-Pueblo Pueblo, CO August 2013-Present

President of Athletic Training Club (August 2016- May 2017)

Colorado State University-Pueblo Representative for RMATA Student Committee (August 2016- May 2017)

Vice President of Athletic Training Club (August 2015- May 2016)

Dean's List (2014)

Awarded Jim Conboy Memorial Scholarship for Athletic Training (2013)

RESEARCH AND SCHOLARLY ACTIVITIES

Hostetter, K., Sage, B., Penn, S., Bernal., Boccumini, T. (2016) Variation in Resistance Bands at Different Excursions. Western Society for Kinesiology and Wellness Conference Reno, NV, October 12-14, 2016.

WORK EXPERIENCE

VASA Fitness Colorado Springs, CO

Personal Training Intern (Oct. 2018- Dec. 2018)

WorkTime Athletic Performance Colorado Springs, CO

Recovery Specialist (October 2021-August 2023)

Personal Trainer (October 2021-August 2023)

LICENSES

DORA Professional Secondary Physical Education Teaching License (February 2023-Present)

DORA Alternative Secondary Physical Education Teaching License (November 2021- February 2023)

DORA Athletic Training License (October 2020- Present)

CERTIFICATIONS

Global Rehabilitation and Injury Prevention Lower Extremity (GRIP) Approach (April 2024)

Red Cross Babysitter Instructor (March 2024-Present)

Mental Health First Aid (March 2023-Present)

Red Cross First Aid/CPR/AED Instructor (January 2023- Present)

Myofascial Cupping Practitioner (November 2022- Present)

Stop the Bleed Instructor (August 2022-Present)

Graston Technique Provider (July 2021-Present)

Level 1 Nutrition Certification through Precision Nutrition (In Progress)

Certified Functional Strength Coach (Nov. 2018-Present)

Kinesiology Tape Certification (May 2018-Present)

BOC Certification (May 2017-Present)

First Aid/CPR/AED Certified (2012-Present)