

Lily Allen

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EDUCATION

Roslyn High School, Roslyn, New York (September 2022 - Present)

CAREER RELATED EXPERIENCES

Arena Sports Graphics (32 hrs/wk, 6 wk/yr)

Paid Intern

Dates: July-September 2025

- Arena Sports Graphics provides uniforms and apparel to scholastic and club level athletic programs
- Used Photoshop and Adobe Illustrator to design custom team logos graphics, combining creativity with team identity and culture
- Met with athletic team representatives to understand their vision and develop visual merchandise that aligned with team branding
- Assisted in advertising and marketing initiatives by promoting the website and supporting efforts to expand the customer base

ALK Talent Sports (13 hrs/wk, 40wk/yr)

Paid Intern - Graphic Designer

Dates: September 2025- Present

- ALK talent sports represents over 2,000 NCAA athletes—from Division I to Division III, across every major U.S. market
- Collaborate with brands such as: Uber Eats, Amazon Prime, PopStroke, and Raising Canes
- Create graphics for brand deals with collegiate athletes and Name, Image and Likeness (NIL) deals
- Design marketing campaigns that aligned with brand's goals and target audiences
- Increased engagement on Instagram by 20%

Samba360 (<https://www.samba360.org/youth-advisory-board.html>) (3 hr/wk, 20 wk/yr)

Co-President of High School Advisory Board (12)

Grades: 10, 11, 12

- Lead monthly meetings to brainstorm ideas to further mission of Samba360, an organization that collects new and used sports equipment to bring to needy children in Brazil and El Salvador
- Organize and supervise three annual drives to collect gently used equipment and jerseys
- Research communities in receipt of donations to better understand needs and goals

Co-Vice President of High School Advisory Board (11)

- Created engaging social media posts to spread awareness of organization's initiative and drives
- Collaborated with organization leaders to distribute sports equipment to youth in under-resourced communities
- Recruited and mentored 10 new volunteers to ensure successful equipment drives

Athletes Helping Athletes (5 hr/wk, 20 wk/yr)

Vice President (12), Selected Mentor

Grades: 10,11,12

- Selected by faculty as member of peer leadership program that promotes positive behaviors in sports, integrity, and character development through athletics
- Facilitate age-appropriate discussions with over 300 students in grades K-8 on topics including sportsmanship, teamwork, and the dangers of drug use
- Oversee and supervise eight Field Day activities, encouraging fair play, positive social interactions and active engagement
- Plan and execute three major school-wide events focused on athletics, social connections and physical wellness (Turkey Bowl, 3v3 Basketball tournament, and district wide field day for students with autism)
- Reviewed 25 applications and interviewed prospective mentors for the upcoming school year
- Participated in Nassau County - Section VIII Unity Summit at the Brookside School in North Merrick to strengthen mentoring and communication skills while on the field and off

Graphic Designer of Roslyn Athletics - Roslyn High School (8 hr/wk, 14 wk/yr)

Grades: 10,11,12

- Create custom digital content for Boys and Girls Varsity Soccer, Basketball, and Lacrosse teams

- Collaborate with athletes and coaches to create meaningful graphics to embody school spirit
- Designs included: college commitment edits, roster releases, and awards/honors

Duke University Sport and Society Online Course - Coursera

Dates: *July 2025*

- Completed an online course taught by Professor Orin Starn that includes the Globalization and Nationalism of Sports, the Rise of Women's Sports, and Cultural Identity in the Sports World
- Gained knowledge on how sports intersect with social issues
- Completed various assignments and assessments throughout the asynchronous class

ATHLETIC EXPERIENCES

Varsity Soccer Team - Roslyn High School (15 hr/wk, 14 wk/yr)

Co-Captain (12)

Grades: 9,10,11,12

- Received All-Conference honor in eleventh grade for demonstrating exceptional performance and leadership
- Organize and facilitate 10 pre-season practices to increase team camaraderie and performance on the field
- Mentor new teammates to create cohesion and support player performance
- Analyze weekly game film to identify needed adjustments and create team action steps

Varsity Basketball Team - Roslyn High School (15 hr/wk, 14 wk/yr)

Co-Captain (12)

Grades: 9,10,11,12

- Received All-Conference honor in tenth grade for commitment and leadership on and off the court
- Meet with coaches to discuss player performance and game strategy
- Assist in decision making on starting line-up
- Plan and coordinate weekly team bonding events to support team connections and chemistry
- Mentor new players with ongoing meetings and discussions before and after practices

Varsity Lacrosse Team - Roslyn High School (15 hr/wk, 14 wk/yr)

Co-Captain (12)

Grades: 9,10,11,12

- Received All-Conference honors in tenth and eleventh grade; helped lead the team to its first-ever quarterfinals appearance in school history.
- Develop pre-game rituals to cultivate high energy environment and promote inclusivity
- Design custom team apparel to foster team unity on and off the field
- Produce digital graphics for team's social media presence to celebrate achievements

EXTRA-CURRICULAR EXPERIENCES

Roslyn High School Yearbook Club (4 hr/wk, 34 wk/yr)

Managing Editor-in-Chief (12), Head of Staff (11)

Grades: 9,10,11,12

- Collaborate with editorial team to develop and execute overall theme and ensure consistent visual design
- Manage and delegate assignments to 5 section editors and ensure the development of content and make sure that all deadlines are met in a timely fashion
- Review and edit over 300 page layouts for accuracy and design quality
- Lead recruitment drives to expand yearbook staff and create advertising materials to boost sales across the student body

The Celiac Hack- <https://www.theceliachack.org.theceliachack.org/our-team> (4 hr/wk, 40 wk/yr)

Editor-in-Chief (11,12)

Grades: 11,12

- Compose and design monthly e-newsletters focused on celiac disease, reaching an audience of 400+ readers
- Develop content including personal tips, stories and resources available to help manage the dietary restrictions and gluten-free recipes to assist individuals and families navigating a celiac lifestyle
- Raised over \$550 for celiac disease research through Step Beyond Celiac event 2025
- Foster connections between readers with shared experiences and stories

Students for Social Responsibility (SFSR) (2 hr/wk, 36 wk/yr)

Vice President (12), Public Relations (10)

Grades: 9,10,11,12

- Initiate sports equipment drive, collecting and shipping gear to help 100+ youth athletes in Brazil
- Research and build connections with 10+ non-profit organizations to increase number of volunteer opportunities and expand club's impact
- Contribute to club's outreach strategy by writing engaging posts for social media platforms to increase awareness and donations

COMMUNITY/VOLUNTEER EXPERIENCES

Color In Dreams (3 hr/wk, 12 wk/yr)

Volunteer Artist

Grades: 10, 11,12

- Color In Dreams is a student led group based in Orange County, California with the goal of using art to heal and inspire anyone in times of darkness (<https://colorindreams.wixsite.com/color-in-dreams>)
- Create coloring pages, cards, and digital cards for patients in hospitals, senior homes, and other health facilities
- Collaborate with fellow members based in California to align on efforts and initiate new ways to contribute

Mercy Soup Kitchen (2hr/wk, 16 wk/yr)

Volunteer

Wyandanch, NY

Grades: 10,11,12

- Shop for ingredients that are healthy and nutritious
- Prepare 40+ sandwiches a month for underserved communities experiencing food insecurity

HONORS AND AWARDS

- WNBC New York MVP Athlete of the Month Finalist (February 2025)
 - An award for outstanding athletic and academic performance as well as leadership.
- 2024 Long Island Unity Summit Representative (one of four students selected from Roslyn High School)
- AP Scholar with Honor
 - AP US History (4), AP Biology (4), AP English Language and Composition (4), AP Art History (3)
- National Honor Society
- National Science Honor Society
- Scholar Athlete