

Jayden B. Fries

111 Winchester Way, Shamong, NJ 08088 • (609) 206-6349 • friesjayden@gmail.com

Experience

College:

Penn State Air Force ROTC Program

- Currently training for Arnold Air Society

Freshman Aerospace Engineering Student

- Finished first semester with a GPA of 3.1

Lacrosse Goalie

- Penn State Club Lacrosse Program
- Involved with Thon Program

High school:

Seneca High School AFJROTC Program, Tabernacle, NJ

- Core Commander, Director of Personnel, Safety Officer, Flight Sergeant

Kitty Hawk Honor Society (KHS) Member of inaugural class

- Director of Personnel that included keeping record of all awards, updating roster and tracking KHS activities

68th American Legion New Jersey Boys State, Lawrenceville, NJ

June 16-18, 2013

- Assemblymen for simulated county of 100 + people
- Elected Councilman for Jackson City #6
- Ran for NJ National Senate
- Recipient of The Walter and Evelyn Howell Award for Best Simulated City Management

Treasurer Class of 2014

September

2010-Present

- Record and maintain books, balance budget, oversee fundraisers (average two per year)

New Jersey DECA 2013

Spring of 2013

- Placed 3rd overall in financial services in Southern Regional Conference Blue Division
- Qualified and participated in New Jersey DECA State's

Life Guard/Swim Instructor, JCC Camp, Medford, NJ

2012 & 2013 Summer

- American Red Cross Certified in Life Guarding/First Aid/ CPR/AED
- Taught swimming lessons, maintained pool safety and pool water conditions

Volunteer Activities

Special Olympics, Wilmore Gymnastics, Medford, NJ

October 2011- Present

- Helped physically challenged youth 1 ½ hours per week for a total of 150 hours during school year
- Record counselor's attendance and enforce safety regulations

NJ Congressman LoBiondo Internship, Mays Landing, NJ

2011-2012

- Total of 22 hours: Archived files, kept records and executed assigned tasks

Lord of Life Lutheran Church, Tabernacle, NJ

July 2010 & 2011

- Vacation Bible School Counselor for a total of 22 hours

Athletics

Small Circle Jujitsu and Street Self-Defense - Black Belt

June 2007 - Present

Three Season Athlete in High School

- Cross Country, Swimming, Lacrosse

Awards

The Roger W. Wagner Award

June 25, 2010

- Awarded for continued demonstration of responsibility, trustworthiness, respect and fairness to others

The Seneca Renaissance Golden Eagle Award

March 1, 2012

- For demonstrating the core values of Lenape Regional High School District:
Truth, Honor and knowledge

The People's Choice Award

May 21, 2012

- For demonstrating leadership, respect and manners

National Honor Society

12, 2012

December

- Seneca High School Golden Eagle Chapter of the National Honor Society
- Membership is based on Scholarship, Leadership, Service and Character

National Sojourners

May 21, 2013

- In recognition of the highest attributes of Americanism and support of the United States as a member
of the Reserve Officers Training Corps

Veterans of Foreign Wars of the United States JROTC

May 21, 2013

Citation and Medal Award

- In special recognition for outstanding achievement and exceptional leadership ability

Kitty Hawk Air Society Certificate of Membership

May 21, 2013

Academic Award

- In recognition of induction into the Air Force JROTC Kitty Hawk Air Honor Society

Air Force Junior Reserve Officer Training Corps

2012 - 2013

Air Education and training Command

- Certificate of Recognition and Achievement

NJ Senate and General Assembly Citation

July 2008

- Two time Gold Medalist in Sport Jiu-Jitsu; U.S. National Championship tournament

Seneca High School Swimming Varsity Team Captain

2012 - 2013

- Varsity Athlete 2011 - 2013

Seneca High School Swimming Most Valuable Swimmer

2012 - 2013