
Caine Wilkes

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Education

Old Dominion University Graduated May 2015

- BA in English, Emphasis in Creative Writing
- BFA in Fine Arts, Concentration in Drawing and Design
- Minor in Art History
- GPA: 3.87

Great Bridge High 2001-2005

- Received Advanced High School Diploma

Work Experience

Freelance Graphic Designer/Illustrator 2008-Present

- Aided local small businesses and other clients with graphic design needs
- Included Crossfit, weightlifting, and fitness gyms and businesses (Crossfit Chesapeake, Wilkes Weightlifting, and RX Pro Shop, among others)
- Projects included illustrations and graphic design work for t-shirts, logos, business cards
- Also did layout work for flyers and magazines

Group Trainer/Graphic Designer *Crossfit Chesapeake* 2009-2014

- Run Crossfit-style gym classes daily with an emphasis on proper technique of exercises
- Have done personal training for Olympic-style weightlifting
- Responsible for opening and closing gym, cleaning equipment, etc.
- Designed and wrote flyers for advertising of local Crossfit gym
- Also designed and illustrated images for T-shirts, for members and special events

Seminar Coach/Graphic Designer *Wilkes Weightlifting Seminars* 2008-Present

- Traveled to different gyms along the East Coast, giving day-long lectures on the Olympic-style lifts, as well as hands-on training
- Worked in small groups during seminars, coaching athletes on proper technique and safety while lifting
- Gave demonstrations of the two lifts discussed, the Snatch and Clean & Jerk
- Wrote and designed flyers to advertise upcoming seminars in the area

Volunteer Work

Layout Editor/Illustrator/Writer *Infuse Magazine* 2004-2015

- Contributed illustrations and articles through email to non-profit Christian organization's magazine, Infuse Magazine, a quarterly magazine
- Also responsible for cover illustrations and designs for several issues
- Became layout editor in January 2009
- Responsible for organizing submissions and illustrations in a logical and appealing manner then sending finished layout to printers

Spectrum: Senior Exhibition *Baron and Gordon Ellin Art Galleries* March 2012
-Aided in preparation of first student-run show held by graduating ODU seniors of the art department
-Participated in hanging up of work
-Also helped prepare an installation piece to be hung, involving cutting and making backing that would support work
-Had work on display in show

Juried ODU Student Show *Baron and Gordon Ellin Art Galleries* April 2012
-Participated in preparing the annual student show
-Aided in arranging displays and hanging up work
-Had painting "George's Morning Hours" in the show

Barbells for Boobs *Crossfit Chesapeake* 2010-2011
-International, annual event
-Participated in Crossfit workout "Grace" (30 Clean & Jerks for time) to raise money and awareness for breast cancer
-Helped organize the event at Crossfit Chesapeake

St. Judes Workout *Crossfit Chesapeake* November 2010
-Organized and participated in workout to raise money to go towards the St. Judes Foundation
-Gym raised over \$1500 for St. Judes

Skills

- Fluent in Adobe programs Photoshop, InDesign, and Illustrator
- Fluent in Wordpress website building
- Fluent in Microsoft Office programs (Word, Excel, PowerPoint, etc.)
- Expertise in drawing and painting
- Experienced in html coding for website design
- Experienced in writing for marketing and advertising, as well as creative writing

Other

Olympic-Style Weightlifting 2000-Present
-Competed in weightlifting since 2000; nationally competitive since 2004
-2014 Pan American Champion in the 105kg+ weight class, silver medalist in 2016
-Competed in the 2016 U.S. Olympic Trials for weightlifting
-Five-time National Champion
-Three-time World Team member
-One of five Americans to have ever clean & jerked over 500 pounds in competition

Please Contact for References