

# Caine Wilkes

**Graphic Designer,  
Illustrator,  
Olympian**

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## Caine Wilkes

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## Skills

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- Fluent in Photoshop, InDesign, and Illustrator
  - Fluent in Wordpress website building
  - Fluent in Microsoft Office programs (Word, Excel, PowerPoint, etc.)
  - Experience in html and css coding for website design
  - Experience in copywriting and creative writing
  - Expertise in drawing and painting

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## Education

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### Old Dominion University / BFA Fine Arts, BA English

2005 - 2015, NORFOLK, VA

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

### Great Bridge High School / Advanced High School Diploma

2001 - 2005, CHESAPEAKE, VA

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## Experience

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### Freelance / Graphic Designer

2008 - PRESENT, VA & NC

- Aided small businesses and local clients with graphic design needs
- Included Crossfit, weightlifting, and fitness gyms and businesses
- Projects included t-shirt and logo design, business cards, and flyers
- Along with logos, also focused on branding with some businesses
- Wrote for ads and flyers for businesses

### Infuse Magazine / Layout Editor

2004 - 2015, CHESAPEAKE, VA

- Contributed illustrations and articles to quarterly non-profit Christian magazine since 2004
- Responsible for cover illustration and design for several issues
- Became layout editor in January 2009
- Responsible for organizing submissions in a logical and appealing manner, then sending finished layout to printers

### Crossfit Cheapeake / Group Trainer

2009 - 2014, CHESAPEAKE, VA

- Ran Crossfit-style gym classes daily with an emphasis on proper

technique of exercises

- Responsible for daily tasks of gym operation: opening and closing gym, putting equipment away, cleaning equipment, etc.

### **Wilkes Weightlifting / Seminar Coach**

2008 - PRESENT, MULTIPLE LOCATIONS

- 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

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## **Weightlifting**

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### **Tokyo 2020 Olympics**

2021, TOKYO, JAPAN

- Competed in the postponed 2020 Olympics in Tokyo, Japan
- Competed in Weightlifting
- Finished in the top ten (9th place)

### **Olympic Weightlifting**

2000 - PRESENT

- Competed in weightlifting since 2000
- Learned dedication to a craft through work and effort
- 2020 Olympian
- 3-time Pan American Champion
- 3-time Pan American Silver Medalist
- Competed in the 2016 U.S. Olympic Trials
- 6-time National Champion
- 6-time World Team member
- 1 of 5 Americans to ever clean & jerk over 500 pounds in competition
- One of the all-time highest totals ever in American history (416kg)

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## **Volunteer**

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### **Lift for Lyla**

2017, INDIAN TRAIL, NC

- Organized a local Crossfit charity event to support family after tragic loss of child
- Promoted the event through online ads and social media

### **Spectrum: Senior Exhibition**

2012, NORFOLK, VA

- Aided in preparation of first student-run show held by graduating ODU seniors of the art department
- Also helped prepare an installation piece involving cutting and making backing that would support work
- Had work on display in show

### **Juried Old Dominion Student Show**

2012, NORFOLK, VA

- Participated in preparing the annual student show
- Aided in arranging displays and hanging up work
- Had a painting "George's Morning Hours" in the show

### **Barbells for Boobs**

2010 - 2011, Chesapeake, VA

- International, annual event
- Participated in Crossfit workout to raise money and awareness for breast cancer
- Helped organize the event at Crossfit Chesapeake

### **St. Jude's Workout**

2010, CHESAPEAKE, VA

- Organized and participated in workout to raise money to go towards the St. Jude's Foundation
- Gym raised over \$1500 for St. Jude's

**Please contact for references: [caine@quietguygraphics.com](mailto:caine@quietguygraphics.com)**