

Ben Forte

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OBJECTIVE

To be accepted by a major research institution where I can pursue my academic interests in Environmental Engineering and gain real world experiences living in new surroundings.



EDUCATION

Honors Student | Palos Verdes High School

Graduation Expected June 2025



EXPERIENCE

Host | Salsa Verdes (2024-Present)

- Greet and seat guests in a favorite neighborhood restaurant, bus tables, and provide backup to servers
- Developed strong customer service skills

Musician/Band Member | Trumpet, Steel Drums, Flugelhorn (2016-Present)

- Hired for gigs such as Catch the Wave-Palos Verdes High School Fundraiser, Heart's Respond, Rancho Palos Verdes 50th Anniversary, and other local events such as Christmas parties and Mardi Gras celebrations
- Member of the Palos Verdes High School Jazz Band and Palos Verdes High School Jazz Combo
- Pit member for the 2022 Palos Verdes High School Fall Play, *One Man, Two Guvnors*

Soccer Goalkeeper | FRAM Soccer Club and Palos Verdes High School Varsity Soccer

Provide leadership to the team by modeling mature, positive behavior. As team captain, establish positive rapport with referees and opposing team captains.

- Goalkeeper and Team Captain, FRAM Soccer Club (2018-2024)
- Goalkeeper, Palos Verdes High Varsity Soccer Team (2022-Present)
- Goalkeeper, Palos Verdes High JV Soccer Team (2021-2022)

Head Coach | AYSO Boys U14 (2024)

- Oversee all technical and administrative aspects
- Interact with players, parents, referees, division coordinator

Assistant Band Director and Mentor | Palos Verdes Intermediate School Music Department (2021-Present)

- Act as Assistant Director at Heritage Music Festival by providing supervision to middle schoolers at hotel and during excursions
- Help with logistics and stage setup for the festival performance
- Teach members of the Palos Verdes Intermediate School Jazz Band about technical musicianship, improvisation, and jazz style

Volunteer | Luskin Orthopedic Institute for Children (2021-Present)

- Interact with patients and families in providing patient recreation opportunities
- Volunteered at Calexico/Mexicali border at Cerebral Palsy clinic
- Assist physical therapists in the physical therapy department
- Serve underprivileged kids

Vice President | Los Amigos Volunteer Organization (2022-Present)

- Vice President of Finance and Fundraising/board member
- Class of 2025 Vice President
- Organization supports Luskin Orthopedic Institute for Children

Stage Crew | Palos Verdes High School, JRAY Awards (2023-2024)

- Worked on the sound and lighting systems for the 2023 Palos Verdes High School Spring Musical, *Something Rotten*
- Directed spotlight at the 2023 and 2024 JRAY Awards for High School musical theater performances

House Sitter (2022-Present)

- Take care of pets, water plants, and collect mail for several neighbors, friends, and teachers



AWARDS AND HONORS

- Homecoming King – Palos Verdes High School (2024)
- AP Scholar with Honor (2024)
- Coaches Award for leadership (March 2024) – Palos Verdes High School Varsity Soccer
- Heart of a Sea King Award for work ethic, honesty, teamwork, etc. (2023,2024) – Palos Verdes High School
- Homecoming Prince – Junior Class (2023)
- Teacher’s Choice Award for Work Ethic (2022) – Palos Verdes High School
- Presidential Volunteer Service Gold, Silver, Bronze Award (2021-2023) – Los Amigos
- Member of National Honor Society, Palos Verdes High School (2023-Present)
- Member of California Scholarship Federation, Palos Verdes High School (2022-Present)

References Available Upon Request