

Shandra L. Stevenson  
Candidate for Veteran Athlete Representative

I would like to take this opportunity to introduce myself. My name is Shandra Stevenson, and I am honored to submit my candidacy for the position of Veteran Athlete Representative. I have been a Masters (Veteran) Competitive Athlete for the last 22 years and have been an active member of USA Judo's Veterans Committee for the last five years. I believe bringing this relevant experience and understanding of this segment of USA Judo's membership will allow me to provide a voice on the Athlete's Advisory Council for our Veterans Community.

My journey in Masters Judo began in 2003 at the World Masters Judo Association (WMJA) Pan-American Masters Championship in Phoenix, AZ, after which I established a networking relationship and friendship with the organizers of WMJA via the 2005 World Masters Judo Association World Championships. The founder of WMJA, Liz Roach of Canada, opened my eyes as to what Masters competition could be and I was ecstatic to find such an amazingly supportive group of people whose goal was to provide a unique and enjoyable experience solely for Masters Judo athletes when none existed anywhere else. These events laid the groundwork for the IJF Veterans World and Pan-American Championships as we know them today.

I have been a tireless advocate for Masters/Veterans Judo; one example of this can be illustrated by my Masters/Veterans Judo Network Facebook page with over 10k members globally. I created it specifically to provide information on Masters Judo news and events around the world, and it has become a go-to source for numerous athletes. Over the years, my experience and successes in the WMJA World Championships, the IJF Veterans World Championships, and most recently the International Masters Games Pan-American Open, have only strengthened my desire to bring more visibility to what Master Athletes can achieve when provided with a supportive and inclusive environment that addresses the needs and desires of its members.

If selected for the Veteran Athlete Representative, I will not only continue to support the goals of the Veterans Committee but additionally look for ways to collaborate with USA Judo to address the needs, concerns and feedback of our athletes, and foster continued growth and participation at events here and around the world.

Thank you for considering my application and I am looking forward to the opportunity to be a positive contributor to the Athlete's Advisory Council. Age is just a number; Judo is for life.

Sincerely,

Shandra L Stevenson

## Shandra L. Stevenson, Sandan

Member USA Judo & United States Judo Association  
USA Judo Veteran Committee Member  
USA Judo National Coach  
USA Judo Regional Referee  
USJA National Coach  
USJA Certified Rank Examiner

1981 – 1988: Member of Authentic Judo Club, Portsmouth, VA, Sensei Charles O. Neil  
1999 – 2025: Member & Assistant Instructor of Fox Valley Judo & Jujitsu of WI, Neenah, WI  
Head Instructor/Coach Sensei Mehdi Mohammadian, USA Judo & USJA Hachidan  
2025 – Present: Member of Miki Judo Club, Roswell, GA, Sensei Tsutomu Miki, Rokudan  
5/2005 – Promotion to Shodan  
7/2010 – Promotion to Nidan  
5/2011 – 2010 USA Judo Outstanding Master Athlete F2 -70kg  
12/2012 – 2012 USA Judo #1 Ranked National Master Athlete -50 Open Female Category  
12/2013 – 2013 USA Judo #1 Ranked National Master Athlete -50 Open Female Category  
2013 – 2013 USJA Outstanding Female Masters Competitor  
12/2019 – USA Judo 2019 #1 Ranked National Master Athlete -78k F4  
12/2019 – USA Judo 2019 #1 Ranked National Master Athlete -50 Open Female Category  
12/2020 – USA Judo 2020 #1 Ranked National Master Athlete -78k F4  
12/2020 – USA Judo 2020 #1 Ranked National Master Athlete -50 Open Female Category  
11/2022 – Promotion to Sandan  
12/2023 – USA Judo 2023 #1 Ranked National Veteran Athlete +78 F5  
12/2024 – USA Judo 2024 #1 Ranked National Veteran Athlete -78 F5  
12/2024 – USA Judo 2024 #1 Ranked National Veteran Athlete +78 F5

2001 AAU National Championship; Silver  
2002 AAU National Open; Gold -70k  
2003 USJA Senior and Masters Nationals; Silver -70k Seniors, Silver Open Seniors, Gold -70k Masters  
2003 World Masters Judo Association Pan-American Masters; Gold -70k  
2005 USA Judo Senior Nationals – Masters; Bronze -70k, Gold Open  
2005 World Masters Championship, Toronto Canada; Silver F1 -70k, Bronze F1 Open  
2005 All Women's Championship; Gold -70k, Gold Masters Heavyweight  
2006 Am-Can Judo Challenge – Masters; Silver -70k  
2006 World Masters Championship, Tours France; Bronze F1 -70k  
2007 World Masters Championship, Sao Paulo Brazil; Bronze F2 Open, Bronze USA Team  
2007 US Open – Masters; Bronze -78k  
2007 All Women's Championship - Masters; Silver -70k, Gold Open  
2008 USA Judo Senior Nationals – Masters; Silver -70k, Gold F2 Open, Silver "Under 50" Open  
2008 Am-Can Judo Challenge – Masters; Bronze -70k  
2008 US Open – Masters; Silver -70k  
2009 Am-Can Judo Challenge – Masters; Silver Heavyweight  
2009 World Masters Championship, Atlanta, GA; Silver F2 – 78k, Bronze F2 Open, Bronze -78k Open Age  
2010 USA Judo Senior Nationals – Masters; Gold -78k  
2010 Am-Can Judo Challenge – Masters; Gold Heavyweight  
2010 USA Judo President's Cup – Masters; Gold -78k  
2010 World Masters Championship, Montreal, QC; \*Gold F2 -70k, Silver USA Team, Bronze F2-F3 Open  
\***First World Masters Championship Division Title**  
2012 IJF World Veterans Championship, Miami, FL; Silver F3/F4 Open, 5<sup>th</sup> F3 -70k  
2013 USA Judo Senior Nationals – Masters; Silver -63k, Gold -70k, Gold "Under 50" Open  
2015 IJF World Veterans Championship, Amsterdam, NED; Bronze F3 -78k  
2016 IJF World Veterans Championship, Ft. Lauderdale, FL USA; Bronze F5 -78k  
2019 USA Judo Senior Nationals – Masters F4 Gold -78k, Gold "Under 50" Open  
2023 US Open Judo Championships, Ft Lauderdale, FL; Masters F5 Gold +78  
2024 International Masters Games, Pan-American Open, Cleveland, OH, USA; Gold F5 -78k, Gold F5/F6 -78k  
2024 IJF World Veterans Championship, Las Vegas, NV, USA; Silver F6 -78k  
2025 IJF World Veterans Championship, Paris, France; Silver F5 -78k

**Clinics Conducted:**

2006 August – Guest Clinician; 1<sup>st</sup> Annual “Fight Like a Girl Camp”, Southside Dojo, Kalamazoo, MI (1)  
2007 November – Guest Coach Clinician; Steven’s Point Judo Club, Steven’s Point, WI (1)  
2011 September - Guest Clinician; Judo techniques for BJJ & MMA, Hamilton Martial Arts, Newark, OH (2)  
2012 January – Guest Clinician; Reedsburg Judo, Reedsburg, WI (1)  
2015 August – Co-Clinician with Mehdi Mohammadian, Seamless Progression Academy, Port Washington, WI (2 sessions)  
2023 May/June/July – Designed, implemented and coached an 8-week, 23 session US Open Training Camp for 6 athletes.  
2024 Feb-September – Monthly mini-clinics conducted for members of Fox Valley Judo & Jujitsu of WI and Stevens Point Judo (8 total)  
2024 Sept-Oct – Mini Camp conducted for members of Fox Valley Judo & Jujitsu of WI and Stevens Point Judo (3 total)

**Other:**

Instructor of Appleton Rec Department Judo classes: 2000 - 2004  
Secretary of WI Judo, Inc.: 9/2008-3/2010  
SafeSport Certified  
CDC Heads Up Concussion Trained  
Background Check Verified  
Previously CPR Certified (Exp 11/5/2025)  
Featured Martial Artist in *‘Martial Arts and Your Life, The Story of Us. What We Do and Why.’*  
By Lawrence A Kane and Kris Wilder, published 2022.  
Wisconsin Judo Hall of Fame 2024 Inductee  
Volunteer Camp Counselor, International Judo Camp, Bloomingburg, NY: 2023, 2024, 2025  
Creator, Admin and Moderator of the Masters/Veterans Judo Network Facebook Group, 15k members

# SHANDRA L STEVENSON

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## EXPERIENCE

9/2025 TO PRESENT  
FRONT OFFICE ASSISTANT

Atlanta Sports Chiropractic

Johns Creek, GA

- Part-time Assistant. Responsible for greeting patients in an engaging manner, and providing courteous customer service regarding appointments, third party requests and billing matters.
  - Checks patients in and verifies current insurance coverage as applicable.
  - Collects payments and insurance co-pays.
  - Schedules patient appointments by phone and in-office.
  - Handles all script requests and transactional information with strict confidentiality.

2/2015 TO 5/2025  
ASSISTANT JUDO INSTRUCTOR – 3RD DEGREE BLACK BELT

YMCA Neenah-Menasha

Neenah, WI

- Assistant to the Head Instructor. Provided support in the instruction, training and mentoring of children and adults of all ages and abilities, assisted in coaching students at all development and competitive levels.
  - Assisted in formulating ongoing developmental and training methods regarding student performance and technical aptitude.
  - Responsible for providing full teaching coverage for all classes when head instructor is away, directed and delegated senior ranking students in assisting class instruction.
  - Acted as head coach when instructor was unable to attend state, regional, national or international competitions.

4/2024 TO 5/2025  
MEMBER SERVICE ASSOCIATE

Downtown Appleton YMCA

Appleton, WI

- Greeted and assisted YMCA members with inquiries, equipment rentals and massage therapy appointment scheduling.
  - General upkeep of Women's Fitness Center and Locker Rooms.
  - Responsible for handling the daily YMCA laundry.
  - Coordination of Racquetball/Volleyball reservations.

8/7/2006 TO 2/7/2020

Fox Communities Credit Union

Appleton, WI

#### INVESTMENT ADMINISTRATIVE ASSISTANT

- Solely responsible for the Administrative and Office Management support functions for LPL Financial Advisor client base spanning 22 branch locations in the Appleton/Fox Valley and Green Bay/Lakeshore, WI areas. Works independently, actively anticipates Advisor's needs, effectively makes minor decisions consistent with practice and regulatory guidelines and maintains a high level of confidentiality and professionalism. The responsibilities and expectations of this position have expanded greatly over time.
- Client Relations, Appointment Scheduling, Correspondence, Preparation/Submission of Applications and client servicing paperwork. Preparation of Portfolio Reports and Illustrations.
- Managed Investment Submissions, Exchanges, Transfers, Timely NGO Resolutions, Quality Control. Main Point of Contact for Brokerage Firm, Mutual Fund & Annuity/Insurance Companies.
- Managed Sales & Service Material Ordering. Liaison between LPL Advisor, Fox Communities Credit Union and LPL Marketing (MOD). Led the development of the LPL/Fox Communities Credit Union Marketing Plan for 2018-2019.
- Client File & Database Management. Oversees FINRA, SEC & LPL Compliance policy adherence and is responsible for LPL Branch Audit Preparation. Maintains Advisor Continuing Education, Licensing, Vendor Appointments, U4 and other pertinent compliance files.
- Skilled knowledge of MS Office and Outlook, ACT! for Professionals, DST Vision, Morningstar, LPL ClientWorks and BranchNet; leading Advisor through ClientWorks adaptation.
- Independently developed and implemented the Disaster Recovery/Business Continuation Plan for the Financial Services (LPL) Department in alignment with Fox Communities Credit Union and LPL procedural policies.
- Signature Guarantee/STAMP Guarantor. Resource contact for Fox Communities Credit Union staff; maintains member referrals, resolves issues for mutual clients, facilitates transaction requests and forms, provides basic educational investment and procedural information related to Advisor's practice.
- Fox Communities Credit Union received the Post Crescent's 2017 Best of the Valley Readers' Choice Award for a Financial Planning Company.

4/1/2003 TO 8/1/2006

Ameriprise Financial

Appleton, WI

#### ADMINISTRATIVE ASSISTANT

- Responsible for the daily Administrative and Secretarial support functions relating to all facets of the Ameriprise Financial Advisors' joint practice and client account services.
- Client Contact & Relations, Appointment Scheduling, File/Report Preparation.
- File Maintenance, Records Management.
- Transaction Processing, Supply Ordering.

2000-2004

City of Appleton

Appleton, WI

#### JUDO INSTRUCTOR

- Responsible for instruction and demonstration of the technical and theory components of Judo for both competition and practical application in self-defense situations.
- Led the growth of the program from one class per week to three per week with 30+ students. Affiliated with, and overseen by, Fox Valley Judo & Jujitsu of WI.
- Designed and led self-defense courses specifically for females. Applying the technical knowledge gained from both Judo and hand-to-hand Jujitsu training, I developed a six-week self-defense course for women, offered for two summers.

## EDUCATION

09/2010 TO 05/2014                      UW Colleges                      Madison, WI  
ASSOCIATE OF ARTS & SCIENCES

- 3.92 GPA High Honors

1990 TO 1991                              NEC/Kee Business College                      Norfolk, VA  
DATA SPECIALIST

- 4.0 GPA, Alumni Achievement Award
  - Intern Secretary to Placement Director
  - Business School Valedictorian Graduation Commencement Speaker

## VOLUNTEER EXPERIENCE

2/2000 TO 2025                              YMCA Neenah-Menasha, Oshkosh                      Neenah, WI  
Fox Valley Judo & Jujitsu Club of WI

### ASSISTANT JUDO INSTRUCTOR – 3RD DEGREE BLACK BELT

- Assistant to the Head Instructor. Provides support in the instruction, training and mentoring of children and adults of all ages and abilities, assists in coaching students at all development and competition levels.
  - Assisted in formulating ongoing developmental and training methods.
  - Provided full teaching coverage for student classes when head instructor is away.
  - This position had been voluntary until hired as a part-time (on-call) YMCA staff member in February 2015. I continued to volunteer and assist in the classes on days I was not scheduled to work, as well as travel for competition and coach team members at the Local, National and International level.

2023-2025                                      International Judo Camp                              Bloomingburg, NY

### CAMP COUNSELOR

- Junior Girls Camp Counselor during International Judo Camp. Supervision of the Junior Girls (ages 9-17) during the week-long overnight Judo camp.
  - Co-supervised Junior Girls during camp instruction, clinician sessions, structured randori sessions, and non-judo supervised team building activities.
  - Provided supervision and security for the Junior Girls in-cabin and during free-time.
  - Acted as a mentor and resource for Judo related inquiries, and general life scenarios.

## REFERENCES

References are available on request.