

Ocean County Vocational Technical School

Working in the Field

Sharing Success Stories



Student's Name: Sheri Elardo
OCVTS Program: Health and Fitness
Instructors: Kevin Dineen and Helene Crist
Employer: PLT Health Solutions, Morristown, NJ
Website: www.plthealthsolutions.com

Class of: 2003
Center: Toms River
High School: Toms River East
Colleges: Ocean County College and Montclair State University

In Sheri's own words: I chose OCVTS because I wanted to be a personal trainer. The Health and Fitness Program was perfect for my desire of pursuing personal training. The skills I learned included basic nutrition, the proper way to exercise and train an individual. I also learned about the muscular and skeletal systems of the human body. I enjoyed the flexibility of the hours to attend OCVTS and the positive learning environment.

Attending OCVTS gave me the foundation for growth. We all have to start somewhere and the Health and Fitness Program encouraged me to follow my passion in the health and fitness field. OCVTS was a wonderful beginning and place to learn. I not only had two wonderful teachers, in Mr. Dineen and Ms. Crist, but many other instructors at the Toms River Center from whom I learned a great deal.

Today, I work for PLT Health Solutions, a dietary ingredient company in Quality Assurance. I assess documentation to the quality of our products. My company is the middleman between the supplier and the customer. To be successful, you need to be knowledgeable in your field but also to work well with others. I constantly meet with my quality team for without them, I would not be able to do what I do.

Offering a suggestion to current students, I would say be like a sponge and soak up knowledge in all areas. Keep learning, be open-minded, and you will go far!

The mention of Sheri Elardo's name brought smiles to her past instructors' faces. Kevin Dineen recalls Sheri's enthusiasm and positive attitude. Helene Crist also remembers Sheri. "She was a pleasant, hard-working student, and a SkillsUSA winner. I knew Sheri went through a major life change losing her father during her second year of the program, but she persevered and completed the program with honors! Over the years, we have kept in touch here and there. First, when we took my Health and Fitness class on a field trip to where Sheri was working as a personal training. Then, Sheri did a guest speaking appearance in my class to fulfill an internship about nutrition. I am so pleased to see her pursue one of the many career paths in the Health & Fitness Industry." Alison Carroll, Principal of Student Services, submitted Sheri's name to be recognized as an OCVTS success story to be shared.



Sheri enjoys working in Quality Assurance and is grateful to OCVTS for igniting her passion.