

Orion Dempsey

(410) 707-0323 · omandemps@gmail.com

EDUCATION

Mount Hebron High School, 9440 Old Frederick Road, Ellicott City, MD

Expected Graduation: May 2026

GPA: 3.54 (weighted)

Relevant Coursework: Algebra 1, Geometry, Algebra 2, Chemistry G/T, Principles of Business G/T, Computer Science Principles AP

Summary Statement: As a dedicated student-athlete with a strong academic foundation, I can bring discipline, teamwork, and hands-on skills to learning the HVAC field. My passion for staying active and solving real-world problems drives me to develop the technical skills needed to excel in heating, ventilation, and air conditioning. I am currently starting my first year in the HACC apprenticeship program through Howard Community College and am very eager to begin my career in the field.

WORK EXPERIENCE

Mar 2025-Present

Kelsey's Restaurant, Irish Pub & Banquet Room, 8480 Baltimore National Pike, Ellicott City, MD 21043

Busser/Expo

- Managed high-pressure workflow between kitchen and front-of-house, ensuring efficient and accurate order completion
- Maintained strong communication with team members to coordinate tasks and meet time-sensitive demands
- Identified and corrected order issues quickly, improving overall service efficiency
- Demonstrated attention to detail by verifying order accuracy and presentation before delivery
- Worked in fast-paced, physically demanding environment requiring stamina and focus

Nov 2025-Present

Alexandra's Restaurant, 2700 Turf Valley Rd, Ellicott City, MD 21042

Busser/Expo

- Maintained clean and organized workspaces, reinforcing safety and efficiency standards
- Assisted team members with multiple tasks simultaneously in a fast-paced environment
- Demonstrated reliability by consistently completing responsibilities during

- high-volume shifts
- Developed strong teamwork and communication skills in a service-driven setting
- Adapted quickly to changing demands and prioritized tasks effectively

HONORS & AWARDS

High School Student of the Month, Jan 2025

Regular Honor Roll, 7 quarters

SKILLS & INTERESTS

- Learned 3 years of Spanish
- High School Football
- Recreational Basketball
- Weightlifting
- Highly Organized
- Excellent Collaboration Skills
- Efficient Time Management
- Effective Problem Solver
- Drivers License

REFERENCES

Jan Howell: 757-812-1128

Mark Mays: 443-285-2903

Kathleen Reightler: 410-707-4170