

## **Curriculum Vitae**

### **EDUCATION**

**Aberystwyth University, LLB, Aberystwyth Wales 2018**

**University of Waterloo, Bachelor of Arts, General Studies, Waterloo, Ontario 1996**

### **RELATED COURSES**

**Exercise Physiology, Anatomy, Physiology, Athletic Training, Nutrition for Athletes, Psychology of Coaching, Educational Psychology, Psychology of Sport, Theory of Coaching**

### **QUALIFICATIONS**

National Coaching Certification Program Technical (Swimming), level 1, 2&3

National Coaching Certification Program Theory, level 1&2

National Coaching Certification Program Practical 1&2

Making Ethical Decisions

USA

American Red Cross Water Safety Instructor

American Red Cross Standard First Aid

American Red Cross Adult CPR

American Red Cross Safety Training for Swim Coaches

CANADA

Royal Life Saving National Lifeguard

Canadian Red Cross Standard First Aid CPR AED

### **PROFESSIONAL ASSOCIATION**

Canadian Swim Coaches and Teachers Association 2004-23

### **EMPLOYMENT**

Head Coach: St John's Legends Swim Club 2022-23. St John's Newfoundland, Canada. Responsible for coach and swimmer development. One national team member.

Head Coach: Perth Stingrays Aquatic Club 2021-22. Responsible for all facets of developing swimmers and mentoring coaches. Team consisted of swimmers that competed at a regional level.

Head Coach: Cercle des Nageurs de Quatre Bornes (CNQB). Quatre Bornes Mauritius 2019-2021. Responsibilities included developing entirety of program from beginners to national team members, and mentoring all coaches. Four team members competed for the national team in African swimming competitions (CANA).

Head Coach: Enniskillen Lakelanders Swim Club, Enniskillen, Ireland, 2017-2018. Nine Division 1 (Nationals) qualifiers, squad members attaining 5 gold, 1 silver, and 2 bronze medals, and one team member placed onto the Irish National team

Consultant: Aberystwyth District Aquatic Swim Club (ADASC) Aberystwyth Wales, 2014-2016. Restructure groups, teach volunteer coaches, provide guidance to senior swimmers.

Head Coach: Saskatoon Laser Swim Club, Saskatoon, Saskatchewan 2010-2012

High Performance Coach: Ravens of Carleton Swim Club, Ottawa, Ontario 2009-2010 Responsible for the high performance swimmers.

One National Team member

Head Coach: Cornwall Sea Lions, Cornwall, Ontario, 2003-2009

Manage team, coach mentoring, club administration

**Two swimmers Canada's National Team 2008-2009**

**Four swimmers Canadian Olympic trials 2008**

**Olympic trials bronze medalist 2008**

**Two swimmers World Youth Championship team 2008 individual and relay medalists**

**One swimmer Junior Pan Pac team 2009 silver medalist**

**One swimmer Australian Youth Festival team 2009 double gold medalist**

**Two swimmers Tri Nation Cup team gold and silver medalists**

Ontario Provincial Team Coach

Head Age Group Coach: Ashburn Village Swim Team, Ashburn, VA 2002-2003 Supervision and instruction of coaches.

Potomac Valley 200 yard butterfly record holder

Head Coach: Gezira Sporting Club, Cairo Egypt 2000-2002

Supervision and instruction of assistant coaches

Two National Team members

Head Development/Senior Assistant Coach: Tualatin Hills Swim Club, Beaverton, Oregon, 1998-2000.

Develop and implement team's conditioning programs and assist with the senior group. Multiple Olympic Gold Medalist. Multiple World Record Holder

Assistant Coach: Solotar Swimming, Reston Virginia 1996-98.

Responsible to assist and help oversee entire program, develop and supervise strength program.

One Goodwill Games team member

Summer Internship: Napa Valley Swim Team 1993. Napa, California. Former World Record Holder 200 meter breaststroke

**Assistant Head Coach: Etobicoke Swim Club, 1991-92. Etobicoke, Ontario. Develop strength program, recruit swimmers, supervision of age group coaches.**

**Two group members Canada's National team, Coach of record**

**Two group members Canada's National Youth Team for Eight Nation (Coach of Record)**

**Two team members on Canada's Olympic Team.**

Head Coach: Fredericton Aquanaut Swim Team (FAST) Fredericton New Brunswick. 1990-91

Supervision of program including budget, travel, and assistant coaches

Provincial team champions, one senior national qualifier, two Youth Championship qualifiers

Assistant Head Coach: Juan De Fuca Coho Swim Club/Island Swimming, Victoria, British Columbia, 1989-1990

Short and long course Provincial team champions

Head Age Group/Distance Coach: Manta Swim Club, Winnipeg, Manitoba 1986-1989

Manitoba Provincial Champions

One team member on 1988 Canadian Olympic team

Assistant Head Coach: Scarborough Swim Club Scarborough, Ontario, Scarborough, Ontario 1985-1986

Responsible for team's fitness training, assist senior group, coach senior prep group

### **Worked with World Class Coaches**

#### **Paul Burgen – Jack Simon**

Inge de Bruijn, Former World Record Holder, multiple Olympic Gold Medalist 2000-04

Susan Byrne, Former Assistant Coach Aberystwyth District Aquatic Swim Club (ADASC)

Jim O'Rourke, Past President Aberystwyth District Aquatic Swim Club (ADASC)