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Personal Profile

An energetic, motivated and highly competent UKCC level 2 Aquatics Teacher with excellent technical skills and extensive experience and proven success with development, coaching and directing open water swimming at club, county and regional levels.

A pro active leader with first class management and motivational skills and an outstanding track record managing and developing open water swimming and water polo for a registered charity club.

Voluntary Career

2011 - 2012 Trustee & Director for Vista Leisure Trustee & Director for Dover Sea Sports Centre Development Trust 2010 - 2011 Dover Life Guard Club Water Polo Secretary 2009 - 2012 Dover Life Guard Club Executive Committee member 2004 - 2012 • Dover Life Guard Club Open Water Secretary, Coach & Director 2004 - 2009 South East Region Open Water Swimming Development Committee 2006 - 2009 2006 - 2007 Kent Amateur Swimming Association Open Water Swimming Manager Official English Channel swimming Observer for CSA & CS&PF 1997 - 2004

Achievements to Date

- Coached 18 year old solo English Channel swimmer
- Coached 17 year old Lake Windermere swimmer
- Coached DLGC English Channel relay team x6
- Coached DLGC junior swimmers for open water Nationals
- Coached DLGC junior winners of SER and Kent open water championships
- Coached DLGC first all female English Channel relay team
- Coached solo English Channel swimmer...Did not finish
- Coached solo Lake Windermere swimmer
- Coached solo Lake Bala swimmer
- Swam round Jersey Island
- Swam English Channel relay
- Swam Torbay Bay
- Swam Lake Bala
- Swam Lake Windermere
- Ran London Marathon
- Swam solo English Channel
- Swam English Channel relay
- Achieved 1st Dan Black belt Shotokan Karate

Qualifications

- Amateur Swimming Association UKCC Level 2 Teaching Aquatics Certificate...2009
- Sports Coach UK Certificate in Safeguarding & Protecting Children...2008
- ASA Swimming Officials Certificate in Timekeeping...2007
- RYA National Power Boat Certificate Level 2...2005
- Amateur Swimming Association Assistant Swimming Teacher Certificate...2000