

Mitchell Russell Nairn

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New Zealand
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Career Objective

To become one of the most recognised head swimming coaches in the world. This goal is what gets me out of bed every morning with my current job, but it has been a goal of mine since I started university and wanted to understand what it would take to become a good coach amongst any sport. My observations throughout my swimming career I have seen some “good coaches” along with plenty of “bad coaches” in the swimming world, thus why I strive to be and become “the coach I never had” during my swimming career here in New Zealand. I am always open to new ideas and learning as development is the key to success. I have plenty of philosophies and theories that I work on and develop everyday from studying and learning from some of the best coaches in the world. I am willing to relocate from Auckland, New Zealand to become a Head Coach, Assistant Coach, Squad Coach overseas.

Strengths and Skills

Time Management

I have learnt this skill through balancing busy work schedules in regards to squads and private lessons weekly over the past two years whilst working for FutureDreams Swimming. This has been critical to the success of the business as structure and being on time is key.

Organisation

I have learnt to be organised through swimming due to the demanding hours of weekly training, I have used this skill throughout my working career. This is my passion, and I pour everything I have in to being organised to satisfy the needs and wants of my athletes on weekly basis. Planning and preparation has been critical and one of the vital points that I pride myself on, it’s important that athletes know the pathway or direction you want them to be heading on for them to be able to succeed, whether it be within swimming or triathlons. If I show commitment, then my athletes will show the same level of commitment.

Trustworthy / Reliable

I have been set with many tasks every day since I started my coaching career. I assist many athletes with their goals every year; they put their trust in me nearly every day to help them achieve some extraordinary feats in their sporting careers. Because they do this I make sure that I am reliable in not

only giving them the coaching they need, but also a level of commitment from me in regards to being there for them whenever is necessary.

Team Work

I love working and playing as a team. Throughout my swimming/ coaching career I have worked with many coaches and athletes, and I believe team work is vital to success. My goal when I coach squads has always been trying to create a team environment where no one is ever bigger than the team itself, everyone is equal. I believe I do this well due to the fact that I have a large group of athletes that believe in my methods and beliefs when I swim coach and are wanting to be part of my team on a weekly basis nearly 48 weeks a year.

Achievements

2016 NZ Swimming SC Championships: 1x Swimmer (4x races) (2PBs)

Greenhithe Football Club 2016: Head Coach, 2nd place in NFF Division, 13th Grade.

NZ Team - 2008 Pacific School Games, Canberra, Australia

Team Captain, the team brought home 29 medals (Personal)

2010 Australian Open Water Champs, NZ Team

5km 3rd for 18yr old boys and under, 9th overall (Personal)

Across the Lake Swim Winner 2009, 2010, 2011, 2013

4.2km 1st overall 50m 05s (record) (Personal)

NZ Age Group Medallist in Pool/ Open water 2004, 2005, 2008, 2009, 2010, 2011(Personal)

On request I can personally send through my Sporting Achievement CV if requested.

Education

2012 - 2016

Massey University New Zealand

Degree in Sport and Exercise

Majoring in Management and Coaching

Completed Papers:

219.100 Introductions to Business Communications

234.111 Training Principles and Practice

234.130 Introduction to Sport Coaching

234.131 Introduction to Sport Management

234.140 Introduction to Physical Education

234.141 Introduction to Human Movement

234.243 Sports Pedagogy

115.104 Principles of Marketing

115.105 Fundamentals of Finance

219.205 Professional Presentations in Business

234.232 Sport Business

234.233 Sport Facility and Event Management

234.234 Sport Management Planning and Promotions
234.236 Sport Coaching: Management and Leadership
234.237 Sport Coaching: Exercise Fundamentals
234.338 Sport Practicum
234.331 Sports in Social Context
155.315 Sport Law
234.360 Sport Psychology
214.131 Introduction to Food and Nutrition
200 Level – Elective (Credited AUT University)
100 Level – Elective (Credited AUT University)
100 Level – Elective (Credited AUT University)

2016 **Swimming New Zealand Certificates:**
- Teacher of Competitive Strokes Certificate
- Swimming New Zealand Coaching Bronze Certificate

2012 **NZIHf** (New Zealand Institute of Health and Fitness)
Completed Papers:

- National Certificate in Fitness (NC1318)
- Open Polytechnic Certificate in Personal Training (OP4270)

2011 **Taupo-Nui-A-Tia College**
Achieved NCEA Level 1, 2 & 3

2010 **Essential First Aid Certificate NZ**
NZQA Unit Standards: 06401, 06402

Employment History

Oct 2013 - Present **FutureDreams Swimming Ltd**

Head Coach

FutureDreams Swimming is the biggest masters swimming programmes in New Zealand, and has been over the last 10 years. With swimming squads that contain over 40 swimmers a session some mornings, lunchtimes, and afternoons. FutureDreams runs 21 squad sessions a week through two key locations of Parnell Pools and Tepid Baths which are both located in Auckland City.

Main Duties:

- Head Coach of Parnell Baths (over summer), includes coaching all 9x sessions a week, and all programming planning and developments of sessions.

- Head Coach of Tepid Baths (over winter), includes coaching all 10x sessions a week, and all programming planning and developments of sessions.
- Private Lessons – can be close to at least 20 one hour privates a week, during which I evaluate their level of swimming technique and develop personalised lessons for each.
- Women only Squads Head Coach – 2x mornings a week, 30+ swimmers.

Website for more information:

<http://www.futuredreams.co.nz/>

Oct 2013 - Present Ocean Clinics

Event Manager/Organiser and Head Coach

Ocean Clinics is New Zealand's biggest open water training programme with the focus of support for other swim-based events such as the NZ Ocean Swim Series. Over the 11 years we have been running, we have seen over 4000 swimmers improve their confidence, distance and skill level in the open water. Over the last two years the owner and founder of the Ocean Clinics (Haydn Woolley) has past the reins over to me to have and manage and run every Saturday over a 24 week summer period. 2016 is our biggest year yet with over 150 swimmers turning up to participate in our structured open water swimming clinics.

Main Duties:

- Setting up in the mornings; Tents, Signage, registering swimmers, planning and setting buoy arrangements.
- Head Coach of the Beginners, Intermediate, and Advance groups that attend every Saturday morning, this can conclude up to 120 people attending a morning.
- Head programmer and coordinator of the Ocean Clinic events, I have seven coaches that I am in charge of each Saturday morning over summer.

Website for more information:

<http://www.oceanclinics.co.nz/>

Jun 2013 - Mar 2014 Genesis Fitness Gym

Fitness Consultant

- Strength and conditioning instructor with athletes that attended the gym.
- Consulting with clients or members of the gym, performing personal emails and bookings to schedule in memberships or assessments.
- Performing group fitness classes 4x a week.
- Assessment screening of members.
- Programming for clients/members

Jun 2013 - Oct 2013 Kings School

Swimming Coach

- Learn to swim coach, whilst studying for my degree, as well as swimming training to the side. Had to stop job early due university stopping, and needing to move home for study. This was learn to swim focused swimming as I was working with children from the age of 2-12 years of age at one of New Zealand's top prep schools.

May 2012 - Dec 2012 Finn MacCuhals Irish Pub
Barman / Restaurant Waiter

Aug 2011 - Feb 2012 The Bay Bar and Brasserie
Barman / Restaurant Waiter

Aug 2011 – Feb 2012 AC Baths Pools
Swim Coach

- Learn to swim coach, whilst competitive swimming for the Taupo Swimming Club. This was child focused swimming as I was working with children from the age of 2-12 years of age.

Dec 2009 - Feb 2010 Trev Terry Marine
Boat Cleaner / Customer Service

Social Media:

Instagram: FutureDreams_Coach Nairn

Facebook Pages:

Coach Nairn - www.facebook.com/Coachnairn27/

Tepid Baths Swim Squads - www.facebook.com/TepidBathsSwimSquads/

Ocean Clinics - www.facebook.com/OceanClinics-269306329751508/

Interests

Swimming has been my love and passion for a very large part of my life, I have always dreamed of having a career that was involved with or in sport as I live and breathe it day-to-day. Because of this the focus of my life is involved in becoming the best possible coach I could be. But I love and enjoy many other sports, not just watching and reading about them, but also participating in them as well, these include Football, Wakeboarding, Basketball to name just a few. I am very active; I try to at least do at least one hour of high intensity exercise a day for my health and well-being.

References

10 Batkin Road

New Windsor

Auckland 0600

16 February 2016

To whom it may concern,

It is with pleasure that I write a letter of recommendation for Mitch Nairn.

I have known Mitch in his capacity as Future Dreams Coach at the Tepid Baths for almost 2 years. I work there as Lead Learn to Swim coordinator.

Mitch is regularly at the Tepid Baths pacing the side of the pool, writing up squad sets on the white board, organising lane control, setting up equipment, and most importantly assisting all swimmers and non swimmers with sound advice. Mitch has always provided a safe and encouraging environment in the pool for customers. He has an innate ability to know when to push members slightly beyond their confidence so they can advance, yet also knows when to keep them on safe ground. Certainly as an adult I have appreciated his insight in to swim technique and patience too.

Future Dreams isn't connected with the Tepid Baths Swim School directly, but because we all share the same facility I was very fortunate to utilise Mitch one particular day, when I struggled to find cover at work for a colleague who called in sick at the last minute. I had asked Mitch (in the hope that he might just say yes), to help us out and jump in the pool and teach for a few hours. Without hesitation Mitch kindly agreed and with a few notes and class lists in hand he jumped in the pool and started teaching. Within half an hour of classes starting we had parents/caregivers at our reception enquiring about Mitch, praising his teaching skills and requesting for Mitch to teach them for the remainder of that term. Mitch was instrumental to our swim school that day, I had wished from then I could have Mitch work for our swim school full time.

Mitch has a friendly out going can do attitude and has always gone the extra mile in his role as swim coach. Mitch displays great leadership, time management skills and has been a great role model around the pool. His communication in and around the pool has been unlike any swim coach I have met before.

I wish Mitch well in any future endeavours and our swim school children/members who were fortunate to have Mitch as their coach will carry with them for the remainder of their swimming days the skills, respect and enjoyment of water he has instilled in them.

I am happy to be contacted if you require any further information.

Regards

Tess Pakileata

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20 Ayr St

Parnell

Auckland 1052

New Zealand

16 February 2016

To whom it may concern,

I am writing as a reference for Mitchell Nairn.

Mitch has an unrivalled passion for swimming and coaching. His desire for his athletes to succeed is demonstrated by his attention to detail, knowledge of each individual athlete's numbers and targets, demanding session programs and his constant drive for performance improvement. Mitch has changed the culture of our swim squad with members now arriving on time and constantly striving for improvement, while at the same time still having fun.

I have been coached by Mitch for over 2 years both as a squad member and in private one on one lesson's. During this time Mitch has shown a personal interest in my swimming and given me the confidence and courage to explore new limits. He uses his personal experiences as an elite swimmer to help with mental strategies and dealing with the pressure of racing and tough sessions. He understands when he can push me harder and when he needs to pull back. He shares my performance goals and works hard to come up with a program to deliver them. He is constantly seeking to improve and willing to try new drills and techniques.

I would highly recommend Mitch as a coach and believe that with his sports degree he has the skills and passion to coach athletes in any sport.

Regards,

Kim Dorling

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89 Stapleford Crescent

Browns Bay

Auckland, 0630

New Zealand

24 February 2016

To Whom It May Concern,

I have known Mitch Nairn for 2 years and he has trained me in both summer and winter squads. During this time I have found Mitch to be a punctual, professional and a caring coach.

I have been particularly impressed with Mitch's ability to time a 3 lane squad consisting of 30 people. He can call out each member's specific times with both accuracy and words of encouragement. Our squad consists of both amateur and semi professional swimmers with a broad spectrum of personalities and needs. Listening to Mitch managing the personalities of each squad member has given me a great deal of confidence to achieve my own goals. In his time managing the squad, he has never once been late and is always waiting at the pool, before we start, with a fully written program ready to go.

I am an older member of Mitch's squad and have had difficulty with my confidence in the open water environment. Mitch has been instrumental in helping me set and then achieve my goal of competing in a 5 Kilometre open water swim, across the Auckland Gulf.

I have enjoyed his easy going nature and his willingness to help me on a personal level. I would like to wish Mitch all the best for his future endeavours and have no hesitation in offering him this supporting letter.

I would be pleased to provide a verbal reference for Mitch and can be contacted on the following numbers

Home: 0064 9 478377

Cell: 0064 21 992956

Email: fletcher.family@vodafone.co.nz or david.fletcher@valspar.com

Yours faithfully,

David Fletcher