

CRISTINA

Gold Coast (Queensland)

0420318366

[crisswim89@gmail.com](mailto:crisswim89@gmail.com)

- Approachable, helpful, adaptable and polite
- Strong and physically fit
- Quick and efficient, hard worker
- Spanish (first language), English (high level) and Portuguese (medium level)
- Able to work as part of a team

AVAILABILITY

- Monday to Sunday: full time

EDUCATION

<b>June 2018</b> (ASCTA) -	Bronze Coach - Australian Swimming Coaches and Teachers Association Brisbane
<b>February 2018</b> Teachers	Teacher of Competitive Strokes - Australian Swimming Coaches and Association (ASCTA) - Sydney
<b>November 2017</b>	Teacher of Water Safety (SAT) - Australian Swimming Coaches and Teachers Association (ASCTA) - Sydney  HLTAID001 Provide Cardiopulmonary Resuscitation - Sydney  Working With Children Check  Responsible Service of Alcohol - Department of Industry NSW
<b>October 2016-July 2017</b>	Master in Athlete Rehabilitation and Competitive Sports - University of Girona - Spain
<b>September 2010-May 2014</b>	Bachelor Degree in Kinesiology, Health and Sport Science - Wayne state University - Detroit (USA)
<b>September 2008-June2010</b>	Bachelor Degree of PE teacher not ended - University of Barcelona - Spain
<b>September 2014</b>	Swimmer Coach Spanish Certificate - Barcelona - Spain

February 2013 G.E.A.R.: Indoor Cycling - Aerobics and Fitness Association of America  
September 2012 Certificate of completion "Adult First Aid/CPR/AED - American Red Cross

#### EMPLOYMENT T HISTORY

10/2015 to 2/2019 Manly - New South Wales - Australia  
Position: **Swimming Coach/Teacher at Narelle' Swimming School**  
Duties  
- coach different levels from bronze squad to master swimming group  
- correct their swimming technique of every stroke  
- planning trainings during the week and month  
- telling them what would we do for the rest of the week  
- telling them how their progress is going

11/2017 to 4/2018 Bondi Beach - New South Wales - Australia  
Position: **Swimmer Coach at Speedo Fitness Club**  
Duties  
- to help teach and coach people of any age  
- teach and coach the necessary abilities to develop swimming skills, technique and confidence in the water  
- to help people to swim faster and better, and sometimes even teaching adults or children from scratch

9/2015 to 10/2017 Girona - Catalonia - Spain  
Position: **Swimmer Coach and Swimming teacher for children and adults**  
Duties  
- to help teach and coach people of any age  
- teach and coach the necessary abilities to develop swimming skills, technique and confidence in the water  
- to help people to swim faster and better, and sometimes even teaching adults or children from scratch

9/2015 to actually Banyoles - Catalonia - Spain  
Position: **Personal Trainer and Fitness assistant**  
Duties  
- Provide a clean, safe, and welcoming environment for everybody  
- Move quickly to respond to an emergency situation in a timely  
- Independently perform CPR if the situation requires such action  
- Develop working knowledge of Recreational Services Fitness Program to provide customer service in the Fitness Center (this includes Group Fitness, Personal Training, and upcoming Special Events/Trainings)  
- Maintain knowledge of all fitness equipment  
- Independently adjust each machine to fit the patron's needs

**8/2012 to 7/2014** Detroit - Michigan - United States  
Position: **Indoor Cycling Instructor and Fitness Activities at “Fitness Center Wayne State University.**

Duties

- Instruct groups and individuals in exercise activities
- Observe participants
- Explain to the participants corrective measures necessary to improve their skills

**9/2008 to 6/2009** Banyoles - Girona - Spain  
Position: **Lifeguard at “Club Natació Banyoles”**

Duties

- maintain the safety of the patrons in and around the pool
- represent the office of CNB by maintaining a professional attitude
- communicate and enforce all CNB regulations and pool rules in a personable and professional manner
- Communicate any potentially dangerous elements of the facility to the Aquatic Coordinator
- Attend all scheduled staff meetings
- Remain alert and use all senses while guarding
- Set up the pool for various activities such as laps, classes, etc.
- Perform other duties as assigned

#### REFEREES

**Narelle Simpson** - 0413621340 Swimmer Coach and owner of Narelle’s Swimming School - Brookvale/Manly

**Dene Roulstone** - 0406278765 Swimmer Coach at Speedo Fitness Swimming Club - Bondi Beach

#### SWIMMING CAREER

##### **Elite athlete Spanish National Level (Swimming):**

- **September 2004 - July 2005:** leaving at “Centre d’Alt Rendiment Joaquim Blume” (elite athletes) in Barcelona. Developing the swimmer career and studying high school.
- **August 2005 - July 2008:** leaving at “Centre d’Alt Rendiment de Sant Cugat” (elite athletes) in Barcelona. Developing the swimmer career and ending the high school studies.
- **September 2010 - August 2014:** developing the professional swimmer career and getting the university studies at Wayne State University (Detroit, Michigan).

##### **Achievements:**

- **Summer 2005 and 2006:** Top 6 at the Swimming European Junior Championships. Holland
- **Summer 2006:** Winner in 100m backstroke at the World Junior Championships (Gymnasiada) Greece.
- **Summer 2007, 2008, 2009:** National Champion of 50m backstroke at Spanish Championships.
- **Winter 2009:** Second classified in 100m and 50m backstroke at the Spanish Championships.
- **Summer 2011:** Team National winner at National Championships of USA Division II.
- **2011 - 2014:** National Champion of Division II at USA
- **2014 - 2015:** Starting to be a Kayaker Athlete at Club Natació Banyoles.
- **2016 - 2017:** Back to swim with the team of Club Natació Banyoles.

