

## **Curriculum Vitae**

### **Karen Jane Seebohm**

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### **Personal statement**

My involvement with teaching children swimming for the past 30 years has given me a multitude of experiences and various job opportunities ranging from Learn-to-swim, to coaching and general customer service roles. I am passionate about sport and have been a conscientious and professional Learn-to-Swim teacher and Swim Program coordinator since 1985. The fitness industry has also been a passion of mine starting up my own Personal and Group Fitness program after completing a Certificate III and Certificate IV in 2013. My involvement in swimming and fitness has been strongly influenced by my children's involvement in sport at local, Australian and international level. My daughter Emily, a triple Olympian and World Champion, has been the driving force behind some of my employment decisions.

### **Employment History**

#### **Teacher Aid - Ascot State School**

(January 2017 - present)

- *Working with the special education department*
- *Liaising with staff and teachers*
- *Assisting students to achieve and reach their potential both in and outside the classroom (eg. school excursions and camps)*

#### **Junior Swim Club Coordinator – Brisbane Grammar Swimming program**

(July 2015 – present)

- *Liaising with Head and Assistant coach to run and coordinate the Junior Swim Club for BGS*
- *Mentoring assistant swim coaches.*
- *Coaching junior swim club athletes for local and state competition*

#### **Ascot Learn to Swim Coordinator**

(July 2015 – present)

- *Teaching Learn to Swim program and Water Safety skills.*
- *Mentoring younger teachers/coaches and trainees.*
- *Run in-service Professional Development session with staff.*

### **Learn to Swim Teacher – Nundah State School**

(January 2014 – July 2015)

- *Teaching Learn to Swim program and Water Safety skills.*
- *Mentoring younger teachers/coaches and trainees.*
- *Run in-service Professional Development session with staff.*
- *Liaise with parents and Swim Coordinator*

### **Learn-to-swim Co-ordinator Nudgee College – 25 metre Pool Supervisor**

(January 1996 – September 2013)

- *Responsible for supervising and administering activities at the pool in order to provide quality swimming programs and services*
- *Plan and develop Learn to Swim Programs from Babies through to Junior Squad level.*
- *Supervise staff and ensure that staff are qualified and performing duties in a safe, fun and effective manner.*
- *Coordinate Professional Development sessions on a regular basis for all teaching staff.*
- *Conduct staff evaluation sessions.*
- *Provide assistance and mentoring to trainee staff.*
- *Ability to instruct swimming lessons on all levels of abilities, including special needs children*

### **Qualifications and Achievements**

- Provide Responsible Service of Alcohol certificate, September 2016.
- Certificate III and IV in Fitness - Australian Institute of Personal Trainers, July 2013.
- Level 1 Exercise Professional Gym Instructor, Australian Institute of Fitness Personal Trainer and Group Exercise Leader, July 2013.
- CPR and First Aid - Royal Lifesaving Queensland updated on 29th September

2015

- Blue Card holder, expiry 2017.
- Royal Life Saving Australia, Bronze medallion, July 2016.
- AUSTSWIM accreditation (Australia's national organisation for the teaching of swimming and water safety) since 1993
- AUSTSWIM Teacher of Swimming and Water Safety, 2011
- AUSTSWIM Teacher of Infant and Preschool Aquatics, 2011
- Australian Swimming Coaches and Teachers Association (ASCTA) current member
- ASCTA Bronze Coach Licence, 1995 (Club, District and State level competition)
- Certificate of Recognition of 30 years teaching as a member of AUSTSWIM (2015)
- Have been mentored by and have assisted leading Australian Swim Coaches in Australia including Vince Raleigh, Matt Brown and David Lush.
- Ran a successful Group Fitness business, Cbomb Circuit Sessions 2012 - 2014

### **Interests**

- Travel – extensive national and international travel experience.
- Swimming for fitness and attending major swimming meets to watch my children race.
- Netball. Member of the Australian Under 16 girls team. Coached in Brisbane with Ridgettes netball team from 1996-2004
- Walking with friends for fitness
- Gym membership and group fitness activities
- Keen interest in dogs. Member of the NSW Hungarian Vizsla club

### **References**

References are available upon request.