

FIONA McDONALD

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Professional Summary

Results driven and self motivated to promote team operations with diplomatic and resourceful leadership. High-energy problem-solver knowledgeable about competitor strategies . Devise and deploy solid recruitment strategies to bring in new athletes.

I am diligent and hardworking with a proven record of success within our junior program, skilled at taking green athletes and developing effective swimmers.

Skills

- Strategic planning
- Program planning
- Exercise development
- Training drills
- Safety awareness
- Performance improvements
- Personal discipline
- Team building
- Group facilitation
- Game rules

Work History

Assistant Coach / Junior coach, 12/2016 to Current

Belgravia Leisure – Brisbane, Queensland

- Prepared athletes for special competitions and tournaments.
- Motivated athletes to become stronger, more agile and more effective swimmers through effective direction, communication and mentoring.
- Directed ambitious practice sessions to boost athletic abilities and teamwork.
- Readied athletes for competition by implementing coordinated regimens of practices and physical conditioning.
- Developed and implemented training drills to improve team cohesiveness and performance.
- Advised head coach on discipline, performance, and other decision-making areas.
- Promoted development of an inclusive environment for athletes at all levels from beginner to elite.
- Built positive and productive relationships with parents of student athletes.

Learn to swim instructor, 03/2014 to Current

Belgravia Leisure – Brisbane, Queensland

- Explained and demonstrated all 4 swimming strokes, exhibiting proper technique and positioning

in water.

- Learned and maintained proficiency in first responder skills such as First Aid and CPR to offer individuals in distress optimal support.
- Cooperated fully with LTS coordinators to identify areas of concern and ascertain reliable methods for remediation.
- Reiterated water safety practices and lifesaving measures, at every class to prevent accidents.
- Tracked students' progress and gave constructive feedback for skills requiring improvement.
- Helped students adjust to pool and unfamiliar surroundings, resulting in better results during individual and group lessons.
- Ensured compliance with pool policies and procedures; offered suggestions to staff to maximize safety awareness.

Business Manager, 01/2001 to 03/2013

Liesl Moncrieff Ella Bache Fortitude Valley – Brisbane, QLD

- Managed day-to-day business operations, including accounting, finance, HR, marketing and public relations.
- Built and deepened relationships with internal and external personnel to enhance client retention and growth plans.
- Identified market product demands and customer trends to bring in new customers and retain existing ones for sustainable profits.
- Spearheaded business operations by consistently seeking methods to improve profitability through cost containment, efficiency improvements and revenue generation.
- Supervised administrative functions of scheduling, billing, inventory management, front desk reception and office security.
- Brought in new business connections and revenue generation opportunities by improving networking strategies.
- Streamlined revenue by delivering exemplary service and consistently exceeding client expectations.
- Monitored daily operations and implemented changes to maintain highest quality of care for each CLIENT.
- Managed hiring and recruitment, employee motivation and training.
- Organised financial data and completed reports detailing key metrics.
- Hired exceptional candidates and effectively lead staff to maximise productivity.
- Integrated new systems for scheduling appointments, managing customer contacts and coordinating retention strategies.

Education

High School Diploma: 1984

Mount Erin College - Wagga Wagga

- Awarded Science Lab DUX

Business Management Anatomy And Physiology, 1997

Itec Australia - Australia Wide

Affiliations

- Member, Triathlon Australia,

Certifications

Bronze coach License

Blue Card

CPR & first aid

Inclusions certificate

LTS teacher

teacher of babies and infants

competitive strokes

Ironman triathlon, open water racing ,reading, my dog

I am still a very enthusiastic competitor in my chosen sport,

Reading is a vessel for relaxation as well as continued learning.

I am an animal lover, number one is my dog Sunny