

EMPLOYMENT HISTORY

2018

Age Group Swimming Coach

Aquabladz - New Plymouth, New Zealand

This is a swimming club that caters for competitive and non-competitive members.

I was hired to lead the age group team of about 25 swimmers, and additionally the junior squads (about 50 swimmers) that feed the top age group squad and a Masters Squad.

In my first season in charge of the age group program:

- I coached and **qualified 6 swimmers** to New Zealand Junior National Championships, with 2 of them finishing in podium positions in multiple events
- I led Team Aquabladz to the **club's best ever position** at Junior National Championships, **3rd Place** (out of 25 teams) **overall**
- I coached and qualified 9 swimmers to New Zealand Division 2 National Championships (second most prestigious national Age Group meet), with 6 of the swimmers finishing in podium positions in multiple events. Team Aquabladz **finished in the 3rd place** (out of 82 teams) **overall**
- I coached and **qualified 5 swimmers to the National Age Group Championships (NAGS)**, the pinnacle age group competition held by Swimming New Zealand

2016 – 2018

Assistant Swimming Coach

Otumoetai Swimming Club, Tauranga, New Zealand

This is a swimming club aimed at fostering and promoting water safety through a wide range of programmes from Learn to Swim through to Fitness and Competitive Squads.

I was hired to assist the Head Coach in delivering training sessions to the senior age group national squad and in addition lead the junior squads that feed the top age group squads.

- I coached and qualified 8 swimmers to New Zealand Junior Nationals, 2 of those swimmers qualified to NZ National Age Groups within half a year after moving to National squads under the Head Coach
- Started a Fitness Squad for horizontal progression, that is for swimmers who did not want to or could not progress in the competitive stream
- Started a Masters Fitness squad

2015 –2016

Head Swimming Coach

Costa do Sol Sports Club, Mozambique

Costa do Sol is a football club founded in 1955, runs other sports including swimming. Currently with a employee-base of 100, I lead a team of 5 fellow club employees and 100 swimmers from different levels from learn to swim to junior and master swimmers. I was hired by this club to revitalize the club's swimming department that had been inactive for more than 15 years.

- I provided coaching for all ranges of swimmers;
- I created partnerships and signed contracts with schools that benefitted from our coaching services and at the peak of summer we had around 100 swimmers;
- I managed to make the pool operational and profitable to run itself without financial support from the club sponsor;

2010-2013 & 2014 - 2015

Swimming Coach

Golfinhos Swimming Club, Mozambique

A dedicated swimming club founded in 1995, run by a board of elected parents. Currently the number 1 swimming club in Mozambique, having won most of the National meets since 2008.

I joined the club to train the swimmers making a transition from non-competitive to competitive swimming then after one season my roles expanded to become developmental and 11 – 14 age group coach with about 20 to 30 athletes under my guidance. This was the best challenge I had had up to that date.

- I developed and coached swimmers in their youth and age group days, who have since swam at 1 Olympics (Rio 2016), Commonwealth Games and World Championships
- Together with my colleagues, I developed a structure that prioritises a long term athlete development and that structure has since helped develop more than 10 swimmers who regularly represent Mozambique at continental and global competitions
- Helped create a winning culture that is still in place and with great results

SUMMARY OF ACHIEVEMENTS:

- Coached one swimmer who represented Mozambique at Commonwealth Games, Glasgow 2014
- Coached six swimmers who reached finals and won medals at the South African Levels 2 and 3 Age Group Championships 2010 – 2014
- Coached the Mozambique National Swimming Team, SCSA Zone VI Games, Zambia, 2012
- In September 2011, Mozambique hosted the All African Games, following the completion of the Triathlon Coaching Course I was invited to coach the first ever Mozambican triathletes.

TRAINING AND EDUCATION

2019

Certified ASCA Level 3: International Age Group Coach
American Swimming Coaches Association

2018

First Aid Level 2 Certificate
St. John

Pool Lifeguard Training
Skills Active

2017

Bronze License Coach
Swimming New Zealand

Essential First Aid
New Zealand Red Cross

2014

Master of Science, International Sport Management
Northumbria University – United Kingdom

High Level Technical Course for Swimming Coaches
Pan American Sports Organization (PASO)

2011

Bachelor of Arts, Human and Social Studies
University of South Africa – South Africa

2011

Certified Level 1 Triathlon Coach
International Triathlon Union

2010

Levels I and II Swimming Coach Certifications
American Swimming Coaches Association (ASCA)

Sports Industry Memberships

- New Zealand Swim Coaches and Teachers Association (NZSCTA)
- World Swimming Coaches Association (WSCA)

KEY SKILLS

- Theoretical and practical knowledge of Long Term Athlete Development
- CPR and First Aid
- Computer knowledge
- Strong communication and interpersonal skills
- Positive Attitude
- Reliability/Punctuality
- Patience
- Good at working with athlete parents and co workers
- Fun and creative
- Self motivated
- Languages : Fluent in Portuguese & English

Additional achievements:

As a swimmer, I took part at

- FINA Swimming World Championships Rome, 2009
- FINA Swimming World Cups in Durban, South Africa, 2004 and 2005
- Commonwealth Games in Manchester, England, 2002
- World Youth Games, Moscow, Russia, 1998

REFEREES

Available Upon Request