**Curriculum Vitae**

**Ross**

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**PROFILE**

I was born and raised in Cape Town on the 18th October 1990. Since then I have attended and Matriculated from Cape Town’s most prestigious schools. I have been raised with values and morals that have been instilled in me from a young age. Humility, respect and hardwork are the values I live by.

I spend most of my time coaching younger ages in cricket and rugby, spending time with friends and loved ones. I enjoy exercising and being outdoors.

I am enthusiastic and dedicated to new opportunities and this is why I believe my heart is with the younger ages and being an influence to them whether teaching them in the classroom or out on the sports field.

**PERSONAL INFORMATION**

**LANGUAGE**: English (fluent)

**MARITAL STATUS**: Married

**DATE OF BIRTH**: 18th October 1990

**HEALTH**: Excellent

**NATIONALITY**: South African

**RACE**: Caucasian

**QUALIFICATIONS**

* Health and Fitness Professional’s Academy (HFPA)- Advanced Certificate in Exercise Science
* Health and Fitness Professional’s Academy (HFPA)- Certificate in Coaching Science
* Qualified in First Aid and CPR- Level 1
* Rondebosch Boy’s High School- Bachelor Pass
* Cambridge AS level- Pass

**Experience**

**Company:** Virgin Active Health Club (Constantia)

**Position:** Fitness instructor and personal trainer

**Length of employment:** Jan 2016-Nov 2016

**Reason for leaving:** Relocating overseas

**Responsibilities of Position:**

* Group exercise classes for younger years
* Core conditioning classes
* One on one Personal training
* Boot camp sessions
* Group stretch classes
* Assisting members in the club
* Being friendly and approachable
* Group Exercise classes (High intensity cardio, GRID

**School:** Bishops Diocesan School

**Position**: Aftercare and Sports Coach

**Length of employment**: 2 years

**Responsibilities of Position**:

* Entertaining and supervising children
* Developing activities for children
* Planning and preparing activities for outdoor activities
* Preparing children for matches

**OTHER EXPERIENCE**

**Cattle Barron Restaurant**

* Worked as waiter
* Managed own float and takings, cash up.
* Responsible for cleaning procedures

Tammy- Manager

**Oblivion Wine Bar and Restaurant**

* Worked as waiter
* Managed own float, takings and cash up
* Responsible for cleaning restaurant and closing business