**Curriculum Vitae of**

**Emma**

[**Emma.351055@2freemail.com**](mailto:Emma.351055@2freemail.com)

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**Summary**

I am an energetic swimming instructor with a passion for aquatics and am committed to the safety of both children and adults. I thrive on helping students to learn valuable life skills, and to achieve goals, while having fun.

With three years experience in teaching children from age 3 and up, adults, and individuals with special needs and disabilities, I am comfortable managing between 1 and 10 students in each session. I am skilled in training squads for open water swimming, and am also skilled in guiding and supervising junior teachers and assistants.

**Core Competencies**

* Safety
* Planning and delivering lessons appropriate to the level of each swimmer
* Providing explanations and demonstrations
* Confidence development
* Core aquatic skill development
* Stroke development and correction
* Athletic development
* Open water swimming
* Use of various aids and equipment
* Progress reporting
* Educating and supervising junior coaches/teachers
* Class and schedule management

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**Education**

* **High School |** Abbotts College, Johannesburg, South Africa **|** Graduated 2008
* **Tertiary Education**

Swimming South Africa **|** Qualified **L**earn **T**o **S**wim Teacher **|** Graduated 2014 Shaw Academy, International **|** Diploma in Sports Nutrition **|** Graduated 2016

Shaw Academy, International **|** Advanced Diploma in Sports Nutrition **|** Currently studying

* **Short Courses |** Central Gauteng Aquatics **|** 15+ aquatic based topics including LTS for Specialneeds, Swimming and Autism, Basic Storke Development, Feel of Water, Muscle Co-ordination, and more **|** 2014 - present
* **Other Qualifications**

Up to date First Aid and CPR qualification **|** South African Red Cross Society

Pool and Open Water Lifeguard qualification **|** Lifesaving South Africa

\*All certificates available on request

**Experience**

January 2016 – Present

**Swimming Instructor | Lead Instructor | The Swim School, Florida**

* Responsible for planning and delivering lessons appropriate to the level of each swimmer
* Educating and supervising junior teachers and assistants
* Creating and managing a well organized schedule and classes
* Properly use, maintain and store equipment associated with swimming lessons
* Maintain a safe and clean teaching environment
* Suggest drill modifications to individual students to avoid strain and injury
* Teach and train the Open Water squad, and swim alongside beginners in OW events
* Responsible for engaging with parents and cultivating relationships to create a collaborative swimming environment
* Record progress and track daily attendance
* Ensure that all aquatic safety and child protection rules and regulations are met, according to Swimming South Africa and the Department of Social Development

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January 2014 – December 2015

**Swimming Instructor | Junior Instructor | The Swim School, Florida**

* Responsible for planning and delivering lessons appropriate to the level of each swimmer
* Assisted lead instructor with managing a well organized schedule and classes
* Properly used, maintained and stored equipment associated with swimming lessons
* Responsible for maintaining a safe and clean teaching environment
* Teaching and training the Open Water squad, and swimming alongside beginners in OW events
* Record progress and track daily attendance
* Ensure that all aquatic safety and child protection rules and regulations were met, according to Swimming South Africa and the Department of Social Development

September 2013 – December 2013

**Swimming Instructor | Intern | The Swim School, Florida**

* Assisted lead and junior instructors with planning and delivering lessons appropriate to the level of swimmers
* Planned and delivered lessons of my own
* Properly used, maintained and stored equipment associated with swimming lessons
* Assisted lead and junior instructors with maintaining a safe and clean teaching environment
* Record progress and track daily attendance
* Ensure that all aquatic safety and child protection rules and regulations were met, according to Swimming South Africa and the Department of Social Development

July 2011 – September 2013

**Au-pair | The Bakos-Eichenberger Family**

* Responsible for fetching children from school and assisting them with daily activities including homework and extra mural activities

January 2009 – July 2011

**3D Animator | Luma Animation Studio**

* Responsible for the animation of characters and environments for games and television commercials
* Responsible for meeting and communicating with clients regarding proposals and changes to artwork

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**Success Stories**

**Akwande Tlou |** 9 years old, with Brittle Bone Syndrome

Because of the brittle bone syndrome, Akwande has poor muscle tone and an extremely limited range of movement in his joints. His short stature, spinal curvature and barrel-shaped rib cage have lead to severe respiratory complications. He spends most of his time in a wheelchair.

Using different teaching techniques and swimming aids, and by teaching Akwande correct breathing, my team and I at The Swim School helped Akwande overcome his fear of water. After just a few months of swimming lessons, Akwande went from having no ability in the water, to swimming 3+ meters on his own. Though we cannot take all the credit, as Akwande is a very motivated and determined boy.

**Mujahid Omarsha |** 5 years old, born deaf and now has Cochlear implants

Teaching Mujahid was a very exciting experience for me. Hearing was new to him and he was still learning to communicate and understand speech. I, as his swimming teacher, had to learn and try different ways of communicating with him.

A combination of demonstration and speech worked best. This way, he not only learned swimming techniques, but also learned new words and what they meant.

In just a few short months, Mujahid has learned to swim 8+ meters on his own, and is learning the basics of the four elementary strokes.

**Alice Mugglestone |** 54 years old

Alice came to me having no swimming experience other than one – a near drowning experience in her youth. This resulted in an intense fear of water, and for years she avoided going near swimming pools.

It took all the courage she had to take the first few steps into the pool. We started right from the beginning with learning about the feel of water and breathing techniques. After a couple of weeks, we were able to move on to balance, buoyancy and kicking with an aid.

Two years later, Alice is fully competent in all four strokes and is now training for her first one mile open water swim.

**References**

Available upon request

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