

# Jesse Lee

Prospect for Head Swim Coach at Crosswhite Athletic Club's Lynchburg Aquatic Club (LAC)

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## WORK EXPERIENCE

### **Crosswhite Athletic Club, Lynchburg VA — Swim Coach and Swim Instructor**

JUNE 2021 - PRESENT

Create and direct swimming workouts in accordance with season training plans and daily goals. Communicate scheduling expectations and changes with fellow coaches and swim team parents. Maintain behavioral standards for program participants during and outside of practice times. Coach dryland workouts to better athlete strength and conditioning. Attend swim meets to provide moral and logistical support for athletes and to ensure all events/training run smoothly, and athletes are present when and where needed. Schedule private and group lessons. Instruct swimmers of all ages, abilities, and backgrounds in proper and safe swim techniques.

### **Rainbow Forest Pool & Clubhouse — Head Swim Coach**

MAY 2023 - PRESENT

Organize and communicate practice schedules. Create and direct day to day workouts for 10 and under and 11 and over age groups. Use Team Manager and Meet Manager 6.0 and 8.0 to input entries, maintain rosters, and prepare to compete at and to host recreational summer swim meets. Provide swim lesson curriculum for training team and for private lessons to grow the future team.

### **Jamerson Family YMCA, Lynchburg VA — Head Lifeguard and Swim Instructor**

JUNE 2018 - MAY 2023

Direct other lifeguards to ensure a safe and efficient Aquatics environment. Participated in meetings with Aquatics and overall staff leadership to advocate for aquatics staff and keep up-to-date on any new/recurring events. Instruct participants of all ages/abilities on Safety Around Water and proper swimming technique. Trained other staff members in both lifeguarding and swim instruction.

## SKILLS

Leadership  
Teamwork  
Communication  
Compassion

## SWIMMING EXPERIENCE

**RECREATIONAL SUMMER SWIM** from ages 7 to 18 at Forest Area Swim Team then Hill City Swim Team

**VARSITY SWIM TEAM** at Jefferson Forest High School all 4 years of high school, Captain the final 2 years

**DIVISION III SWIM TEAM** at University of Lynchburg in 2019 and 2020 (partial) seasons

**USA Swimming Swim Coach** certification currently held

## EDUCATION

**BA in Intelligence Studies** with a minor in Criminology from the University of Lynchburg (MAY 2023) & **Advanced High School Diploma** from Jefferson Forest High School (MAY 2019)