

Andrew Eggersgluss

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Experience:

Home Depot- Overnight Freight Associate:

May 2022-Present

- Organizing items and merchandise on a daily basis
- Working with equipment (Scan phones and lifting equipment)
- Unloading trucks and in stock items for upcoming sales day

Velocity Swim Club, Assistant Age Group and Senior Coach:

June 2021-May 2023

- Worked as the Age Group assistant coach to help build the programs senior/national level program
- Drill and technique work daily with the younger swimmers to help build better knowledge of the strokes
- Training with all groups ranging from the novice to national on a daily basis to help build fundamentals
- Set goals for swimmers, keeping them focused on day to day workouts
- Maintained focus on stroke work and overall progression through the season for all swimmers

DePauw University, Assistant Women's Swimming Coach:

August 2018-May 2021

- Coached Individual training groups throughout the season (400 IM, 100/200 Back, 200 Stroke etc.)
- Technique/Drill work as well as Speed work for our sprint group
- Worked on year round recruiting for upcoming classes
- Helped with on campus recruiting tours and meetings, attending meets and meeting families
- Used Front Rush, Slate, NCSA, Collegesswimming for daily recruiting/seasonal recruiting
- Managed equipment through the season (bags, warm ups, workout clothing, towels, etc.)
- Lead the team to a 3rd & 4th place finish at our conference championship's

Orono High School Assistant Swimming Coach: 2009-2010, 2010-2011, 2016-2017, 2017-2018

Metro Marlins Club Swimming Coach: 2009-2010, 2010-2011, 2016-2017, 2017-2018

- Ran training groups throughout season (Distance/Mid/Stroke) and worked technique/drill work daily
- Learned the set up/take down of swim meet equipment: computers, speakers, touch pads, electronics etc.
- Learned how to set line-ups and invite lists for the season
- Worked with meet manager/TeamUnify for a brief period
- Lead a group 14 athletes to a 3rd place overall standing at state, also two state winners
- Coached a team to three undefeated conference championships and section championships

Key Skills:

Certifications:

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| ● Recruiting: Swimcloud, Front Rush, Slate, NCSA | - CPR/First Aid |
| ● Commit-swimming program | - ASCA Level 1: Principles for Success |
| ● TeamBuilder- Lifting Program | - ASCA Level 2: The Strokes |
| ● Creating dryland programs/workouts | - ASCA Level 3: Physiology School |

Education:

St. Mary's University of Minnesota:

Degree: Bachelor of Science in Philosophy/Coaching and Sports

- 4 Years competitive swimmer, 1 Year Swimming/Diving Captain
- 4 Years competitive Water polo player, Co-Captain of Water polo for 3 Years