

igotlifeguards@gmail.com

3003880431

Skills & Expertise

- Highly Effective Communicator
- Swim meet management
- Recruitment
- Fundraising and budgeting
- Media relations
- Strength and conditioning
- Sports psychology principles
- Skills assessments
- Team bonding
- Physical and endurance training
- Exercise programs
- Injury prevention
- Expert stroke technician
- Multicultural sensitivity
- Dryland training programs
- Extremely Motivational
- Leadership
- Student Athlete Development
- Master of Swim Techniques
- Dynamic Swim Instructor
- Innovative Fundraiser
- Highly Organized
- Excellent Recruiter
- Adaptable/Flexible
- First aid
- Water Safety
- Patience
- Empathy
- Role Model
- Extensive Knowledge of NCAA rules of compliance and regulations

Education

05/2011

MD/DPT:

Pain Management And
Rehabilitation

University Of Toledo

Toledo, OH

01/2004

Executive MBA:

Corporate Entrepreneurship

Markus J.K. Johnson

Personal Summary

Proactive and highly skilled **Elite Swim Coach** with advanced expertise in **swimming, sports leadership, and training methodologies**. Proficient in **movement sciences** including **anatomy, physiology, rehabilitative care, and kinesiology**, leveraging these principles to enhance athletic performance, injury prevention, and recovery.

Proven ability to **recruit, develop, and mentor elite athletes**, creating a **high-performance training environment** that fosters both personal growth and competitive excellence. Deeply experienced in **workout programming, technical instruction, and strategic training techniques** to optimize swimmer performance at all levels.

Strong background in **training program development, stroke refinement, safety protocols, and swim meet management**. A results-driven leader with **exceptional communication, adaptability, and mentorship skills**, dedicated to **maximizing athlete potential and sustaining championship-level success**. *"I create monsters in the water"*

Experience

Calvin Tregre (Parent) Sadie Tregre (Swimmer) - Personal Elite Swim Coach

Cincinnati, OH

03/2024 - Current

- Developed training plans and drills to improve swimmer performance.
- Coordinated swim team practices, focusing on enhancing performance and competitive skills.
- Developed exercise regimens targeting individual athlete needs.
- Transformed my swimmer's performance within 10 months, advancing from struggling to achieving 9 Junior Championship time cuts.
- Led my swimmer to a top 10 ranking in the state, showcasing rapid competitive development.
- At just 12 years old, my swimmer qualified for 2 AA Zone cuts, competing at an elite regional level.
- My Swimmer is trending to make 7 more AA zone cuts by Summer 2025

Dover YMCA Dolphins - Head Swim Coach/Consultant

Dover, DE

08/2022 - 06/2023

- Entrusted with the **transformational task** of rebuilding the swim team and swim lesson program, restoring its **state-level prominence** after a two-year hiatus due to COVID-19.
- Developed and executed **high-impact marketing strategies**, successfully attracting **top-tier swimmers** from Delaware and Maryland.
- Spearheaded the **recruitment and hiring of a skilled coaching staff**, ensuring a

Northern Kentucky University

Newport, KY

05/1995

Bachelor Of Science:

Biology And Chemistry (Dual Degree)

Delaware State University

Dover, DE

- **GPA:** 3.83
- **Tennis Academic All-American Recipient** (1989, 1990)
- **Dean's List** (1989-1995)
- **Honor Roll** (1989-1995)
- **Vice President, Chemistry Club** (1990)
- **President, Biology Club** (1991-1992)

Certifications

- American Heart Association BLS/AED/First Aid Instructor Level
- American Safety and Health Institute (ASHI) BLS/CPR/First Aid/AED Instructor Level
- American Red Cross Lifeguard Instructor/WSI Instructor Trainer
- YMCA Lifeguard Instructor Trainer/WSI Instructor Trainer
- Certified Pool Operator

strong foundation for athlete development.

- Recruited **22 state-level swimmers**, elevating the team's competitive standing.
- Increased **swim lesson program memberships by 75%**, driving significant growth and community engagement.

Chris Perry (Parent) Brian Perry (Olympiad) - Personal Elite Swim & Special Olympic Coach

Dover, DE

08/2022 - 06/2023

- Coached Special Olympic athlete Brian Perry to elite success
- Secured #1 ranking in the **25m breaststroke & 50m freestyle** in the state of Delaware
- Selected to the **USA Special Olympics Swim Team** for the 2023 Special Olympics World Games in Berlin
- Achieved **#5 world ranking** in the 50m freestyle
- Communicated effectively with parents about their child's progress.
- Guided athletes with encouragement, motivation and nutritional advice to support athletic performance and overall well-being.

Delaware State University Womens Triathlon - Collegiate Swim Coach

Dover, DE

08/2022 - 06/2023

- Designed, implemented, and optimized **in-water and dryland workouts**, strength & conditioning programs, and stroke technique clinics to enhance student-athlete performance.
- Assisted in the **recruitment process** of potential student-athletes, identifying and securing top-tier talent.
- Led the team to a **3-minute average time drop** in the 750m event swim.
- Coached an individual swimmer to achieve a **12-minute time drop**, demonstrating significant performance gains.
- Successfully recruited **two top-tier triathletes**, strengthening the program's competitive edge.

OTR Rhinos Swim Team - Head Swim Coach

Cincinnati, OH

04/2019 - 09/2022

- Designed and implemented a **comprehensive swim program**, fostering athlete development and long-term success.
- Maintained an **average roster of 75 swimmers** throughout tenure, ensuring consistent program growth and engagement.
- Led **25 swimmers per season** to qualify for championship-level competitions, reinforcing a culture of excellence and high performance.
- Engaged in continuous professional development to stay current with industry standards and certifications.

Clark Montessori Swim Team - Head Swim Coach

Cincinnati, OH

09/2019 - 03/2022

- Designed and implemented a **comprehensive dryland and weight training**

- program**, enhancing strength, endurance, and overall performance.
- Coached the **first-ever Down syndrome swimmer** to qualify for Sectionals, breaking barriers in competitive swimming.
 - Recognized as **Southwest District Coach of the Year** in both 2020 and 2021 for outstanding leadership and program success.
 - Honored as the **2020 Miami Valley Conference Coach of the Year**, demonstrating excellence in athlete development and team performance.
 - Mentored the **first Down syndrome athlete** to be named **Cincinnati Enquirer's Athlete of the Week**, setting a historic precedent in the sport.

Lakota YMCA Swim Team - Head Swim Coach

Cincinnati, OH

04/2016 - 08/2019

- Led the team to **three consecutive Tri-County Swim League Championships** (2016, 2017, 2018), establishing a legacy of dominance.
- Recognized as **Tri-County Coach of the Year** for three consecutive years (2016, 2017, 2018), reflecting exceptional leadership and program development.
- Educated athletes in rules, strategies, sportsmanship and performance principles.
- Fostered a culture of teamwork and respect among students and staff.

Walnut Hills High School Swim Team - Head Swim Coach

Cincinnati, OH

08/2012 - 03/2016

- Led the team to **four Southwest District I Championships** (2012, 2013, 2014, 2016), solidifying a tradition of excellence.
- Averaged **20 swimmers competing in the Ohio High School Athletic Association (OHSAA) State Championships** each season, showcasing consistent elite-level performance.
- Named **2013 OHSAA District Coach of the Year**, recognizing exceptional coaching impact and program success.

North Hills Swim Club Swim Team - Head Swim Coach

Cincinnati, OH

03/2010 - 08/2014

- Led the team to **two Private Pool Swim League (PPSL) Championships** (2011, 2013), demonstrating sustained program success.
- Honored as **PPSL Coach of the Year** twice (2011, 2013) for outstanding leadership and athlete development.
- Established clear benchmarks for performance and monitored individual and team progress.
- Managed program budget, checking funds remaining, spending and money raised.

Clinton Hills Swim & Tennis Club Swim Team - Head Swim Coach

Cincinnati, OH

04/1998 - 08/2003

- Guided the team to **three Southern Ohio Swim League (SOSL) Group B Championships** (1998, 1999, 2000), establishing a foundation of competitive success.

- Led the program to **two SOSL Group A Championships** (2001, 2003), demonstrating the ability to excel at the highest league level.
- Recognized as **SOSL Coach of the Year** three times (1998, 1999, 2001) for outstanding coaching leadership and program development.

NYC City Wide Bronx Borough Swim Team - Head Area Swim Coach

Bronx, NY

05/1995 - 03/1998

- Led the team to a **5th place finish out of 13 citywide teams** in the **1996 NYC Borough Cup Championships**, achieving a top-tier ranking in a highly competitive field.
- Developed training plans and drills to improve swimmer performance.
- Administered first aid and CPR as needed, ensuring the safety and well-being of all participants.
- Suggested exercise modifications to individual athletes to avoid strain and injury.

Middletown YMCA Area Swim Team - Assistant Swim Coach (1991-1992); Head Swim Coach (1993-1994)

Middletown, DE

05/1991 - 08/1994

- Played a key role in the **successful merger of three YMCA swim programs**—Bear YMCA, Western Family YMCA, and Middletown YMCA—into **one unified, major swim team** at the Middletown YMCA location, strengthening competitive and developmental opportunities for athletes.
- Built relationships with parents and swimmers to increase likelihood of repeat business in future swim lessons sessions.
- Guided athletes with encouragement, motivation and nutritional advice to support athletic performance and overall well-being.
- Recruited potential athletes by sending recruitment letters, meeting with recruits and arranging and offering incentives.

Competitive Swimming Experience

- Fairfield Area Swim Team (F.A.S.T.), 1988 - 1989
- Newtown High School Swim Team, 1988 - 1989
- Cincinnati Pepsi Marlins Swim Team, 1982 - 1988
- Walnut Hills High School Swim Team, 1987 - 1988
- Roger Bacon High School Swim Team, 1984 - 1986
- Clinton Hills Swim & Tennis Club, 1975 - 1987

Club Affiliations

- Alpha Phi Alpha Fraternity Inc.
- Prince Hall Free & Accepted Mason Pride of the Valley Lodge #95

Accomplishments

- Author of "Swimming, The Combination of Art and Science"