

Joseph Armenaki

As an experienced Swimming and CrossFit athlete, I bring a unique blend of qualifications, passion, and motivation to my role as a coach. I am excited to contribute my diverse skill set and dynamic energy to a collaborative team environment, fostering growth and excellence in athletes of all levels.

Nationality - English/Cypriot
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EXPERIENCE

St. Hilda's Swimming Club, Perth, WA — Junior Development Coach

March 2024 - PRESENT

As a Junior Development Coach in Western Australia, I established a structured training program for a junior team, successfully addressing coaching and discipline gaps. Under my leadership, the team reached the finals, won the junior girls' championship, and secured medals at all events during the Short Course Junior Championship within six months. I organized regular club meetings to enhance communication among coaches, athletes, and parents, while also developing partnerships with local gyms to provide additional training resources. Additionally, I created engaging media content and authored a monthly newsletter to keep the community informed and motivated. To foster a positive team culture, I planned social events that strengthened team cohesion and cultivated strong relationships with parents, enhancing their involvement and support within the club.

Skydive Geromino, Rottnest Island, WA — Parachute Packer

January 2023- May 2023

Gained extensive industry insights and expertise in diverse packing methodologies. Took on additional responsibilities in rigging and packing, successfully managing over 3,000 packs to date.

Skydive Australia , Melbourne — Parachute Packer

April 2022- December 2022

I began my journey in parachute packing, achieving my Packer B rating under the Chief Instructor at Skydive Australia Great Ocean Road. With a passion for the sport and aspirations to become a Tandem Instructor, I have successfully packed over 1,000 chutes using Spectrum Sigma without malfunctions. I meticulously prepare each pack, collaborating closely with DZ Safety Officers and Riggers for thorough inspections. As an active APF member, I hold updated First Aid Certificates and possess an AFF license.

INTERESTS

CrossFit - Swimming,
Traveling - Music -Nature
Sports.

EXTRACURRICULAR ACTIVITIES

**George Papavasileiou
Swimming Club - Cyprus**
2001-2011 - Member of the
competitive team.

**Onisilos Basketball Club -
Cyprus 2011-2013** Basketball
team player.

**Konstantia Nautical
Swimming Club - Cyprus 2013**
- Member of the swimming
team specializing in the
freestyle event.

**Northumbria university -
Newcastle, UK - 2017-2018**

**Dignus Athletica and Crossfit
Claremont Athlete - 2020 -
Present**

LANGUAGES

Greek - Native Language

English - Fluent

SLSWA, Perth, WA — Lifeguard

November 2021 - February 2022

In my role, I was responsible for observing and monitoring tourists in both aquatic and terrestrial environments to ensure their safety. I completed comprehensive first-aid training, equipping me to effectively respond to a variety of emergencies, including fractures, allergic reactions, bites, stings, and cuts. Additionally, I received specialized training in sea rescue, with a focus on handling Jet Ski and boat accident scenarios.

Ayia Napa Municipality, Ayia Napa, CY — Lifeguard

May 2019 - November 2019

As a Lifeguard at Nissi Beach, one of Europe's busiest destinations, I was responsible for monitoring tourists to prevent accidents both in and out of the water. I hold a First Aid certification and have hands-on experience in managing emergencies such as fractures, allergic reactions, bites, stings, and cuts. Additionally, I completed specialized sea rescue training, focusing on Jet Ski and boat incidents. My ability to handle challenging situations has enabled me to effectively manage unruly or intoxicated guests with a calm yet authoritative demeanor.

Ministry of Education, Cyprus — Aquatic Camp Coach

June - August 2016/17/18

As the appointed representative of my swimming club, selected by the Ministry for its educational excellence, I played a crucial role in leading programs designed to teach basic aquatic sports skills to 6th-grade primary school students in Cyprus. These programs included swimming, canoeing, kayaking, paddleboarding, and first aid training. My selection was based on my exemplary conduct, leadership skills, and strong sense of responsibility. Throughout the camp, my teaching methods were regularly evaluated by Ministry officials, consistently receiving positive feedback. At the conclusion of the camp, I was commended by the Ministry for my outstanding contributions.

Konstantia Nautical Swimming Club, Cyprus — Teacher

June - August 2016/17/18

During the summer months, I took on roles as a Swimming Teacher, Coach, and Teacher Assistant. This experience offered me valuable insights into effectively teaching young students swimming and related skills.

Military Force, Cyprus — Armored Vehicle Operator

July 2014 - April 2015

I have received training in ELVO Leonidas-2 and Renault Tank driving. Known for my leadership abilities, influence, and strong sense of responsibility, I have successfully managed both administrative and

operational duties.

EDUCATION

European University of Cyprus , Nicosia, CY — *Sports Science and Physical Education*

September 2016 - July 2017

Lycuem, Paralimni, CY — *Highschool Diploma*

September 2011 - June 2018

Relevant subjects: Biology, Physical Education, English, Mathematics & Technology

CERTIFICATES

Crossfit Level 1 — *Perth, WA*

2024

Swimming Australia Development Coach Program (DEV)— *Mentor/Coach: Harry Clark - Perth, WA*

2024

Surf Life Saving — *Australia, WA*

- HLTAID015 - Provide advanced sedation and oxygen therapy.
- HLTAID009 - Provide cardiopulmonary resuscitation
- HLTAID010 - Provide basic emergency life support
- HLTAID011 - Provide first aid
- Surf life saving - Bronze Medallion - 2021

Hospitality Food Sector — *Food Safety Supervisor - Gold Coast, Australia*

August 2020

Accelerated Freefall Skydiving — *Skydiving License (AFF) Gold Coast, Australia*

March 2020

Shipping Deputy Ministry of Cyprus — *Shipping Vessel License Jet Ski License*

September 2019

C.L.S.F Cyprus Life Saving Federation — *Beach Lifeguard Qualification - First Aid*

August 2019

Swimming Coach\Teacher Certificate — Sunderland, UK

- ASA Level 1 Teaching Swimming
- ASA Level 2 Teaching Swimming Assistant Coach

April 2018

Royal LifeSaving Society — Newcastle, UK *Detail National Pool Lifeguard Qualification Level 2*

July 2018