

## COACHING EXPERIENCE

### Coaching Interests and Specialties

Helping women of all levels and ages achieve their athletic goals and in the process empowering them to believe in themselves. Helping people through their life challenges by incorporating athletics into their lifestyle. Coaching endurance athletes of all levels. Coaching athletes (especially women) of all levels in the area of endurance athletics, specific to running, triathlons, swimming, walking and general cardiovascular health.

### Coaching Experience (25 years)

#### Coaching Certifications

- M.S., Kinesiology & Applied Physiology
- Level II Expert USAT (triathlon coach certification)
- USAT Race Director Certification
- American Counsel on Exercise (Personal Trainer)
- American College of Sports Medicine (Fitness Trainer)
- CPR and First Aid Certifications

#### Honors

- Spirit of Judy Flannery Award recipient (2008): Best represents those special qualities of Judy Flannery, among them excellence in multi-sport, high moral character, and a demonstration of "giving back" to the sport

#### Professional Experience

- 1983-Present, Fitness consultant, endurance sport coach in self-owned fitness consulting business
- Design individual Training programs for endurance athletes of all levels
- Design and develop training programs for organizations (currently Team CWW Triathlon and Running Team, Hermanas Triathlon Team and Team Wild - A Diabetes Sister Triathlon Team)
- Develop, prepare and monitor competitive and elite athletes (Triathlon, Running and RAAM )
- 1998-2010, Program Designer and Head Triathlon Coach for Team CWW. Voted best women's triathlon club in the nation by USAT. A non-profit organization to help women become involved in athletics in a non-threatening and nourishing environment. The primary goal of the team is to guide, train and provide support through their goals as an athlete.
  - Develop training plans for the athletic season
  - Design the monthly training programs and workouts for each of the 3 triathlon levels: Beginners, Experienced and Competitive athletes.
  - Conduct weekly running, cycling, swimming, transition and open water clinics

- Guide and mentor new coaches
- 2001 Head Cross-Country Coach for Alexander Dawson High School Lafayette , CO
  - Design the training and racing schedule for the boys and girls team
- Running, fitness and swimming instructor for the City of Boulder, Parks and Recreation Department, Boulder, CO
  - Teach running classes and prepare them for running races
  - Teach swim and swim conditioning adult classes
  - Teach and design weight training classes
- Master Swim Coach and Personal Trainer, Rally Sports Club, Boulder, CO
  - Coach and design swim workouts for swimmers of all levels
  - Design weight training programs and exercise programs for all levels
- Tennis Instructor, Carrollwood Country Club. Tampa, FL
- Swim Instructor for children, Maracaibo, Venezuela