

Paul Shaun Newsome

D.O.B: 13th September 1978. Nationality: British.

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Education and Qualifications:

- 1997 - 2001** **B.Sc. (Hons.) Sports & Exercise Science, University of Bath, UK.**
Modules in: Physiology / Psychology of Elite Performance; Elite Sport Provision in the UK; Biomechanics; Teaching and Coaching; Sports Performance; Event Management.
Dissertation title: "*Isokinetic Reciprocal Muscle Torque Balance in Cycling and Running*".
- 1995 - 1997** **A-Levels, Crossley Heath School, Halifax, West Yorkshire, UK.**
Biology (B); Geography (B); Geology (B); AS French (C); General Studies (B).
- 1993 - 1995** **10 GCSEs Crossley Heath School, Halifax, West Yorkshire, UK.**
Grades A* (Maths / Geography) to B.

Other Qualifications:

- 2003-4** **Triathlon Australia Level 2 Senior Triathlon Coaches Award**
- 2002** **RLSS Senior First Aid and Resuscitation**
- 2002** **PADI Open Water Diver**
- 2000** **British Triathlon Association Level 2 Club Coaches Award**
- 1999** **YMCA BAWLA Gym Instructors Award**
- 1999** **Life-Fitness Cardio Vascular and Strength Equipment Cert. Of Proficiency**

Work Experience:

- Dec. 2004 – Present** **"Swim Smooth: Clean-up Your Stroke!" DVD Creator & Mobile Swim Biomechanic.**
Product development of the Swim Smooth DVD box set and online coaching facility. Creation of a unique training aid for triathletes seeking to improve their swimming. View www.swimsmooth.com for more details.
- June 2002 - May 2005** **Challenge Stadium Triathlon Club Head Coach, Perth, WA.**
Appointment for delivering and developing Western Australia's premier triathlon club's training and race programme for +200 members. Over 700 individual clients making use of one-to-one swim stroke correction and video analysis service to date. For 16 weeks between January and May 2005 I solely coordinated and coached a structured Half Ironman training programme for 52 athletes with a huge range of ability and age; from novice to elite. All athletes completed the course and all P.B'd at the race. It wasn't the strength or content of the program that made this such a success, moreover the strong team bond that was established and nurtured in line with my coaching ethos.
- 2003** **Triathlon Western Australia's Junior Development Coordinator, WA.**
Establishment of a junior development training and racing program in a challenging environment for the state governing body of Western Australia, a state in which previous junior development has been historically limited.
- 2003** **Triathlon Australia TRYstars Youth Development Club Coordinator, WA.**
Establishment of a children's triathlon participation club program, in line with the Stadium Triathlon Club at the Bayswater Waves Leisure Centre. Aimed at assisting the development of the *Sanitarium Weetbix Children's Triathlon* scheme, which in March 2004 saw over 1700 seven-to-thirteen year old children participate in their first triathlon event in the City of Perth.

Working Experience continued:

- Nov. 2002
- June 2003** **Kirby Swim Swimming Instructor, Perth, WA.**
Swim instruction and stroke correction of children's swimming at Perth's leading grammar school, *Christchurch GS* alongside Olympic Gold Medallist, William Kirby OAM.
- June 2002
-Sep. 2002** **Challenge Stadium Fitness Suite Personal Trainer & Fitness Instructor, Perth, WA.**
Employed in Australia's foremost sporting arena and training complex. Delivery of circuit training programme to "West Coast Police Training Corps" for under-privileged indigenous pre-recruits.
- 2001** **Athlete Tracking Database Coordinator, Sport England / BTA.**
IT consultancy and liaison officer for the compilation of an Elite Triathlete Online Integrated Database of medical, physiological and training records.
- 2001** **Millfield English Languages Sports Assistant, Millfield School, Somerset, UK.**
Sports and fitness instructor for a young person's (9 – 17 yrs) foreign-exchange English Languages summer course, at Britain's leading public school.
- 1998 – 2001** **University of Bath Sports Training Village Fitness Instructor, Bath, UK.**
Duties included assisting members with fitness assessments, gym inductions, reception management, general maintenance of the gym, and data recording of member's usage.
- 2001** **www.evolvedgroup.com Head Coach, based at the University of Bath, UK.**
Head Coach for an independent online coaching advice and tailored programmes service for triathlon and multi-sport athletes.
- 2001** **Sports Modelling for a newly established heart rate monitor manufacturer.**
Sports watches and computers "TRELOCK". *GQ Active* magazine June 2001.
- 1999 - 2000** **British Triathlon Association Young Person's Triathlon S.D.O for South West.**
Regional development of triathlon for young athletes between the ages of 8 and 20 years. Establishment of a regional weekly training youth development program at the University of Bath. Involved in the organisational committee of the 2000 European Duathlon Championships and "TRI2000" national initiative to encourage increased youth and adult participation in triathlon following the 2000 Sydney Olympic Games.
- 1999 - 2000** **Coaching Assistant to British National Triathlon Coach, Chris Jones.**
Concurrent with BTA appointment (above). Development of coaching and time management skills through work shadowing with Britain's leading expert in the field of elite triathlon preparation. Based at the University of Bath, UK.
- 1999** **Avon Valley Cyclery Sales Assistant and Bicycle Mechanic, Bath, UK.**
Development of sales and customer service skills in a reputable cycle hire, manufacture and sales establishment.
- 1998 - 1999** **GNC Health Foods Sales Assistant and Sports Supplements Advisor, Bath, UK.**
Employed directly for the improved sales and customer advice on technologically advanced sports nutritional and supplementary products.
- 1996 – 1997** **Calderdale MBC Cycling Proficiency Officer, Halifax, UK.**
Cycling proficiency instruction for children between the ages of 7 and 12 years.

Skills:

Curriculum Vitae

- Languages:** English (native), French (conversational and written).
- Communication:** I am able to communicate and empathise with a variety of people from all types of backgrounds. I pride myself on my inter-personal skills within both work and social environments. My enthusiastic and conscientious nature is often admired and appraised by employers.
- Computer skills:** Proficient in the use of a PC and other IT equipment. Microsoft Word, Excel and Power Point Presentation software. Digital image enhancement (Adobe Photoshop) and video analysis for swim technique correction. Regular Internet user.
- Driving:** Full clean European driving license since 1996.

Other Activities and Interests:

- Triathlon:** Former World Class Potential 2004 Squad triathlete (training partner to Simon Lessing – 5 times World Triathlon Champion). Junior and U23 Elite Great Britain International triathlete. Several British junior and university triathlon titles. Awarded University of Bath “*Full-Blue*” for Sporting Excellence in May 2000.
- Coaching:** Being able to effectively communicate and instruct other athletes and fitness enthusiasts by tailoring training programmes around their schedules, is both of great interest to me, and one of my best skills. I have over 8 years experience of swimming and triathlon coaching and teaching, and fully enjoy passing on my experience to others. My main passion is for the structured development of youth and junior triathletes at both participatory and elite competitive level.
- Travel:** I have been lucky to have travelled quite extensively within Europe and beyond with my triathlon endeavours. I have a very active interest in world travel and experiencing new cultures and people, and in 2001 spent 12 months travelling independently through India, Nepal, South-East Asia, New Zealand and Australia. I believe that understanding and emphasising with other people from different cultures and backgrounds builds strong tolerance, which I have developed to work effectively as part of a team and for other networking and liaison purposes.
- Others:** Core stability work, digital video camera and photography use for athletic motion analysis, yoga, socialising with friends, cinema, and music. British Entertainment Television’s “*Blind Date*” winner (Dec. 01) – dressed in a Speedo triathlon suit!

Referees:

Personal / Professional

Dr. Joe Baker

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Last updated 3 March 2006.