

Curriculum Vitae

Professional Experience

Head of Athletic Development (Parramatta Eels RLFC- Holden Cup) 2016-Present

Director of Strength and Conditioning (Newington College) 2012-Present

Athlete Performance Consultant (PTJ Muay-Thai) 2009-Present

Head of Strength and Conditioning (North Sydney Bears RLFC) 2010-2015

Head of Strength and Conditioning (NSWRL Representative Side) 2012- 2013

Strength and Conditioning Co-ordinator (Westfields Sports High) 2008- 2012

Strength and Conditioning Coach/Rehabilitation Co-ordinator (Balmain Ryde-Eastwood Tigers RLFC NSW Cup) 2009-2010

Strength and Conditioning Co-ordinator (Indeep Tennis Academy) 2007-2008

Strength and Conditioning Coach (Consultant) 2005-2007

Strength & Conditioning Coach August 2004-2005 (Parramatta Eagles Soccer Club- NSW Premier League/U20's)

Speed/Agility/Conditioning Coach March 2004– 2005 (Tennis NSW/Tennis Australia)

Assistant Strength & Conditioning Coach 2002-2003 (National Soccer League – 1st Grade Parramatta Power Soccer Club)

Strength & Conditioning Coach 2002-2003 (National Soccer League – Youth division Parramatta Power Soccer Club- PREMIERS)

Qualifications

- Masters Strength and Conditioning (Edith Cowan University) 2010
- Diploma in Education PDHPE (Australian Catholic University) 2004
- Bachelor of Exercise Science (Australian Catholic University) 2003
- L1 Weightlifting Coach (Aus. Weightlifting Federation)
- Certificate III Gym Instruction 2002
- Certificate IV in Personal Training 2002
- Level 2 Australian Strength and Conditioning Association Coach (ASCA) 2006
- Certificate IV in Small Business Management 2000
- ASCA Member