

EDUCATION:

- Bachelor of Education, Physical Education expanded major; Social Studies minor (5 year degree);
- 3 Year scholarship (Team Captain) for Cross-Country / Track & Field; Graduated in 1990;
- Level III National Coaching certification

TEACHER CERTIFICATION:

- British Columbia College of Teacher, Professional Certificate Secondary Level

RELATED SKILLS AND ACCOMPLISHMENTS:

- Inducted into the BC school sports Hall of Fame 2005
- Level II Occupational first aid NIC 2005
- Inducted to the G.P Vanier Secondary school Hall of Fame as a Coach/Builder 2008-08-28
- Academic Professional/Lecturer
- Senior Excellence in Coaching Award, Athletics (2002)
- Head Coach, High Performance Winter Training Camp, Honolulu, Hawaii (1998-2002)
- Head Club Coach, Comox Valley Athletics (1992 -Present)
- Speed and Power Training Clinics for Football and Soccer (1998-2002)
- Speed and Power Altitude Training Camp, Flagstaff, AZ (1998/99)
- Five time Provincial Champions High School Cross-Country and Track & Field Coach (1991-2001)
- Teacher of Physical Education Grades 10-12 (1990 -Present)
- Secondary Teacher of Psychology, social studies, career and personal planning (1991-present)
- Head Coach Track & Field (1990 -Present)
- Head Coach Cross-Country (1990 -1998)
- Level III National Coaching Certification (currently working on completion of Level IV)
- Emergency First-Aid Instructor
- Yearly Motivational Guest Speaker
- Lecturer 1999 -2000 University of Wyoming
- Captain of the University of Victoria Cross-Country Team (3 Year Scholarship 1987-1990)

ADDITIONAL QUALIFICATIONS / COURSES:

- Team Building Conference, Vancouver, B.C. 1994
- Five Levels of PEMCO Coaching Clinics, Seattle, Washington, 1992-1996
- Head Coach to University of Washington indoor/outdoor competitions 1991-98
- Hosted Iolani Track Team, Hawaii, 1993
- Head Coach for Southern California Track meets 1994
- Head Coach for Track & Field Team to meets in Hawaii (Oahu/Kauai), 1995-1998
- Five time Coach for Track & Field Team to meet at Mt. Sac Relay, Walnut, and CA. 1995-2001
- Weight Training
- Business Management
- Building Excellence Seminar, Vancouver, British Columbia
- Peak Performance Seminar, Vancouver, British Columbia

EXPERIENCE:

- 2002 Head Coach and Sprints coach for the Sr. National Track & Field Championships, 2003.
- 1990-present Academic Professional G.P. Vanier Secondary School (grades 10-12) British Columbia
- 2002 June, Provincial Sprint Coach, Senior National Championships, Edmonton, Alberta
- 2002 January Recipient of Provincial 'Excellence in Coaching' Senior Coach 2001 Award
- 2001 August, CANADA GAMES, LONDON, ONTARIO
- Provincial Sprint/hurdle/relay Coach
- 1999 -2000 UNIVERSITY OF WYOMING (Division I NCAA)
- Assistant Men's and Women's Track & Field / Women's Cross Country Coach
- Academic Professional / Lecturer
- Specialty Training for Senior Football Players
- Specialty Training for Women's Basketball
- 1997 National Coach, Junior Pan Am Games, Havana, Cuba
- 1997 Provincial Track & Field Coach, middle distance, British Columbia
- 1996 Canadian Coaching Team, Olympic Games, Atlanta, Georgia
- 1993-97 Five time Provincial Men's and Women's Cross-Country Coach (Canada)
- 1993 -1997 National Championship Team Coach Cross-Country (Canada)
- 1992 -Present COMOX VALLEY ATHLETICS CLUB Courtenay, B.C. Head Coach
- Personal Coach to Nathan Taylor, 2 consecutive National Junior Championships in 100/200 meters (10.38/21.30); Canada Games Record holder in 100 meters(10.38), 2001.