

Michelle Vlasakova

High Performance Swimming Coach

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OBJECTIVE:

To introduce my extensive coaching experience to exceed expectations at Plavani United Swimming Academy with positive contribution to the South African sporting environment.

EDUCATION:

10/2012 - 12/2015

London School of Business & Finance at London Metropolitan University, UK

Master degree in Business Administration/MBA degree

Specialization in Entrepreneurship

08/2003 - 12/2007

Southern Methodist University, Dallas, TX, USA

Bachelor degree of Business Administration in Marketing

Bachelor degree of Advertising Management

Overall GPA: 3.416 (4.0 scale), Business GPA: 3.383, Advertising GPA: 3.609, SMU Honor Roll

Earning 100 percent of college expenses through swimming scholarship

Reference List: Prof. David Hadel, Temerlin Advertising Institute, Southern Methodist University, (001) 972-841-3744

Prof. Charles Besio MBA, Cox School of Business, Southern Methodist University, (001) 214 768 4132

Steve Collins, SMU Women's Swimming & Diving Head Coach, 972 567 1562

Ing. Jaroslav Strnad, Czech National Swimming Head Coach, (011) 420 257 211 259

Bobby Patten, Dallas Aquatic Master's Head Coach, (001) 214-219-2300

04/2014

SASCA/SSA Certificate for Outstanding Coaching Achievements

Issued by the president of South African Swimming Association and the president of South African Swimming Federation for outstanding coaching achievement with Jarred Crous - gold medalist in 200m Breast at SA Senior National Championships in Durban (2014)

10/2015

SSA Level 2 Coaching Accreditation/Certificate

Issued by the Swimming Federation of South Africa

OUTSTANDING PERSONAL SWIMMING ACHIEVEMENTS:

- **1st** woman overall at the **2015 Midmar Mile Open Water Race 2015** for category 31 yrs and over
- **1ST** at **SA Open Water Swimming Championships 2014** in 3km event for category 18 – 30 yrs
- **7 time Czech National Champion** in breaststroke and freestyle events
- Earned **NCAA All American honors**

TIME LINE OF MY SWIMMING CAREER:

Competitive Triathlon and Open Water Swimming Experience:

Since 01/2011

Continental Elite Triathlete/Open water swimmer, South Africa

- Finished **1st** in the Midmar Mile open water swim, **Midmar 2015** (Category 31 – 40)
- Finished **1st** in the 3km open water swim at the **NTS & CGA OW Swimming Championships, Heia Safari 2015** (Overall women – open category)
- Finished **1st** in the 3km open water swim at **SA Senior National Championships, Midmar 2014** (Category 18 – 30)
- Finished **3rd** at the **Global 11 Sun City triathlon** race in 2013 (Women Pro category)
- Finished 6th at the Global 11 Sun City triathlon race in 2012 (Women Pro category)
- Finished **1st** in the NTS 4 by 50m Freestyle relay at **SA Senior National Championships in Durban 2011**

Competitive Swimming Experience:

08/2003 - 12/2007 & 2008

Member of the Southern Methodist University Women's Swimming Team (Division I), Dallas, TX, USA

- Ended in 7th place in the 4 by 100 Freestyle relays at NCAA Championship (Division 1) 2007
- Competed at NCAA Division I Championships 2004, 2007
- Earned **NCAA All American honors**

09/1998 - 12/2008

Member of the Czech Republic National Swimming Team

- Finished 5th in 200m breaststroke at 1999 Junior European Championship in Moscow
- Finished 8th in 200m breaststroke at **2001 European Championship in Antwerp**
- **Ranked top 8 in Europe in 200m breaststroke (in 2001)**
- Swam in finals in 200m breaststroke at 1999, **2000 & 2001 & 2004 Mare Nostrum World Cup Series in Monaco, Barcelona and New York**
- Qualified for and competed at the **World Swimming Championships in Moscow** in 2002
- Multiple **Czech National Champion** in breaststroke, individual medley and freestyle sprint events from 1999 to 2008

SWIM COACHING BACKGROUND AND COACHING EXPERIENCE:

12/2007 – 10/2008

Dallas Aquatic Masters Coach (DAM), DALLAS, TX, USA (top adult fitness exercise program in the USA)

- Took part in preparing former world class swimmers for USA National Master's Championships
- In charge of swimming and conditioning (land training) workouts; some of the responsibilities were: helping with stroke improvements, drill explanation and enforcement, timing, ensuring smooth run of practices, explanation of the sets etc.
- Coached and gained experience while working with **former USA Olympian medalists/world champions** and current DAM coaches as **Lia Oberstar-Brown, Bobby Patten and Jim Montgomery**

08/2007 – 10/2008

Volunteer Assistant Swimming Coach, Southern Methodist University, Dallas, TX, USA

- Coached and gained world class experience while coaching with **Steve Collins, Olympic Coach** since 1984 and **2 Time NCAA Coach of the Year**
- Helped the head and assistant coach with practices, land training and timing during main sets and competition
- Coached **elite NCAA swimmers** and international swimmers that qualified for the **Olympic games in 2008 in Beijing**
- Coached and worked with **Olympic medalists Martina Moravcova** from Slovakia, **Olympic medalist Sara Nordenstam** from Norway and **World Champion Flavia Rigamonti** from Switzerland
- Shared and advice international swimming experience to junior and elite swimmers with aspiration for Olympic success

06/2006 & 06/2008

Swimming Camp Counselor, Dallas, TX, USA

- Displayed patience, motivation, and teaching skills while coaching and giving swimming lessons to children ages 7-15
- Assisting with stroke improvements, drill explanation and supervising over 120 students at a time

09/2001 – 07/2003

Swimming Assistant Coach at University Sports Club, Prague, Czech Republic

- Worked directly under the Czech National Head coach in the Czech Olympic Center
- Worked with top **Czech elite swimmers/European Champions** as **Ilona Hlavackova** (European champion and record holder in 100 and 50 Backstroke in 1999/2000/2001) assisting with preparation for **Olympic Games, World and European Championships**
- Assisted with swimming and conditioning (land training) workouts; some of the responsibilities were: timing, ensuring smooth run of practices, explanation of the sets etc.

COACHING ACHIEVEMENTS:

Since 01/2010

High Performance Swim Coach, Centurion, South Africa

My coaching achievements with athletes:

- **Jarred Crous**
 - Member of the **South African Senior National team** 2013 - 2015
 - Representing South Africa at the **Youth Olympic Games in Nanjing, China** (August 2014)
 - **Finished 4th in 50m breaststroke and 4x 100m medley relay** at **Youth Olympic Games in China** (August 2014)
 - **Finished 6th in 100m breaststroke and 200m breaststroke** at **Youth Olympic Games in China** (August 2014)
 - Representing South Africa at the **Youth World Championships (under 20) in Dubai** (August 2013)
 - **Bronze medalist in 4x 100m medley relay** at the **Youth World Championships in Dubai** (August 2013)
 - **South African record holder** in 200m, 100m and 50m breaststroke in age group of 16 and 17 while breaking old records of Chad Le Clos (in 200m Breast) and Cameron Van Der Burgh (in 50m and 100m breaststroke)
 - **3 times All African Champion** in 50m, 100m and 200m breaststroke at **Youth African Games in Zambia** 2012
 - Finalist in the 200m breaststroke at the **Mare Nostrum World Cup** series, France (2014 – June)
 - Represented South Africa at various international swimming events including the **BHP Billiton Tri-Nation Aquatic Super Series in Perth (Australia)** and **Mare Nostrum World Cup Series** in Europe
 - **South African Champion** in 100m breaststroke at **South African Senior National Championships in Port Elizabeth** (April 2014) in elite men category (at the age of 16)
 - **South African Youth Champion** in all breaststroke events at South African Senior/Youth Championships in Durban 2013 and 2015
- **Nico Sterk**
 - Professional Triathlon athlete
 - **1st at 2012 Tri Cross African Cup Championships** for elite men
 - **4th at Xterra World Cup Series Guam, USA** (April 2014)
 - **6th at Xterra World Cup Series Saipan, USA** (April 2014)
 - **17th at the 2012 ITU Tri Cross World Championships for Elite men in Alabama, USA**
 - **1st at Rockman Ultra** off road triathlon race (December 2013)
 - **1st at Swakopmund 1,9km open water** - ocean swim (December 2012)
 - **3rd at the 2012 Tri Cross South African Championships for Elite Men**
- **Andrea Steyn**
 - Professional Triathlon and Duathlon athlete
 - **Multiple South African Champion**
 - **1st at 5150 Bela Bela** triathlon, SA (2013, 2014, 2015)
 - **1st at 5150 Ekurhuleni African Championships** (2013 - 2015)

- **2nd at 5150 New Orleans** triathlon, USA (2013)
- **2nd at 5150 Kansas** triathlon, USA (2013)
- **Ethan Spieker**
 - Level 3 & SA Youth National swimmer
 - Selected to represent South Africa at the **VII International Meeting Golfinhos Sprints in Mozambique** (2015)
 - Won two **silver medals** in 200m and 100m freestyle and **1 bronze medal** in 400m freestyle at the **level 3 SA Championships** (PE, 2015)
 - **NTS and CGA record holder** in freestyle, individual medley and backstroke events, multiple **NTS Champion** (in 2012, 2013)
- **Enrico Myburgh:**
 - Level 3 - SA Youth National swimmer
 - Received **NTS award for excellent swimming achievements** by representing NTS at SA Senior Open Water Championships in 2015 (NTS award evening 2015)
 - Finalist at level 3 SA Championships in 50m and 1500m freestyle (PE, 2015)
 - **Won Silver at NTS Open Water Championships** in 3km swim (Heia Safari 2015)
 - Finalist at level 3 SA Championships in 50m, 100m, 200m breaststroke & 50m freestyle (Cape Town, 2014)
 - **NTS Champion in 100m, 50m breaststroke** (in 2013)
- **Chantel Addinall:**
 - Member of the **SA National Youth Team** (2013 -2014)
 - **Won bronze** medal in 50m fly at **NTS Championships** (in 2013)
 - **Awarded swimmer of the meet at SA Schools Championships** (2014) **winning 2 gold (50m, 100m freestyle), 2 silver** (50m fly, 50m back) and **1 bronze** medal (100m back)
- **Taylor Jane Spieker:**
 - Multiple **NTS record holder** (2015)
 - Received **NTS award for excellent swimming achievements** in 2015 (NTS award evening 2015)
 - Won **2 gold, multiple silver and bronze** medals at SA level 1 Championships
 - Won **3 silver, 1 bronze** medal at **NTS Championships** (in 2012, 2013)
- **Dominique Barnard:**
 - Level 3 - SA Youth National swimmer
 - Two **4th** positions at **level 3 SA Championships** in 200m and 100m freestyle (PE, 2015)
 - Won **3 silver medals** (50m back, 200m back, 100m freestyle) at **NTS Championships** (in 2013)
- **Martin Oosthuizen:**
 - Level 3 - SA Youth National swimmer
 - Two **4th** positions at **level 3 SA Championships** in 100m fly and 100m freestyle (PE, 2015)
 - **Won 3 bronze** medals (50m freestyle, 100m fly, 200m back) at **NTS Championships** (in 2014)

- **Conrad Scheepers:**
 - Received **NTS award for excellent swimming achievements** by representing NTS at SA Senior Open Water Championships in 2015 (NTS award evening 2015)
 - **NTS Open Water Champion** in 3km swim (Heia Safari 2015)
- **Dustin Hale:**
 - Received **NTS award for excellent swimming achievements** by representing NTS at SA Senior Open Water Championships in 2015 (NTS award evening 2015)
 - Won a **bronze medal at NTS Championships** in 200m breaststroke (2014)
- Coach 6 National swimmers, 7 level 3 swimmers, multiple level 2 swimmers, 2 SA professional triathletes and open water swimmers
- Coach multiple NTS and CGA gold medalists and meet record holders
- Work with wide range of age group swimmers including primary, high school and university swimmers
- Creating gym workouts & conditioning (land training) programs specialized for high performance swimmers
- Sports club managerial and administrative work