



Bluephin Triathlon Swimming Program

Training Times: Beginning November 10th:

Tuesdays 8-9 pm
Wednesday 6:30-7:30 am
Thursday 8-9pm
Friday 6:30-7:30 am

Primary Coach Chris Jordan

See CV on page 2

Secondary Coach Bill Calhoun

Head coach of Charlottetown Bluephin and UPEI Panther swimming clubs

Cost:

- \$10 per session
or
- \$350 for 4 months
- The fees include pool time and coaching costs

Please respond to:

Bill Calhoun: olympicdream2012@yahoo.com if interested



Chris Jordan (abbreviated CV)

Background

Born: Rockhampton, Queensland (Australia) June 1st, 1977
Also lived in Brisbane and on the Gold Coast. Spent a year (2007) working and living in Canada.

Experience

Massage Therapist

- Deep tissue sports massage, shiatsu massage, reflexology, and relaxation
- Certificate VI in massage (Queensland School of Massage)

2006-2007 Sports Super Centre Gold Coast, Australia

Swim Coach/ Triathlon Coach

- Worked with children ages 5-8 years old, Senior Squad (age group swimmers, state and national swimmers), Adult Squads (learn to swim and squads)
- Designed the workouts, delivered the workout and traveled to meets

2005-6 Narang Swimming Pool Gold Coast, Australia

Head Swim Coach

- Head Swim Coach of National and State swimmers
- Coordinated the junior lessons, had a staff of coaches who I worked with and who reported to me.
- Designed the workouts, delivered the workouts and traveled to meets

2004-5 Paul Sadler Gold Coast, Australia

Head Swim Coach/ Learn to Swim Instructor

- Taught a variety of people including mom and tots, children, adolescents and adults

Education

Queensland School of Massage Therapy Gold Coast, Australia

- Certificate IV in Massage (reflexology, deep tissue, Swedish, and relaxation) 2006

Capalaba High

Australia

- General High school (graduated in 1996) as well as Vocational Access Course in horticulture and landscaping

Certifications

Swimming Certifications:

- Pool Lifeguarding (Australia)

- Surf Lifesaving (Australia)

Coaching Certifications:

- Level 1 Swim Coaching (Australia)

**Other Current
Interests**

Triathlon: Competed in Ironman Australia, Long Course World Championships in France (Australian National Team), 3rd at National Long Course championships and various other races

Surfing: Traveled to New Zealand, Tonga, Canada and New South Wales to Surf

Snowboarding/ Skiing

Currently training for the Charlottetown ½ Marathon