

Jontae Nara

Assistant Swim Coach

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☎ (459) 942-0983
📍 165 Broad St, Laramie, WY
82070

Education

**High School Diploma at
Laramie High School,
Laramie, WY**

Sep 2016 - May 2021

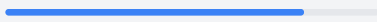
I've learned how to be organized,
how to manage my time, and
how to study effectively.

Links

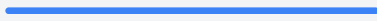
[linkedin.com/in/jontaenara](https://www.linkedin.com/in/jontaenara)

Skills

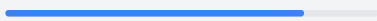
Swimming



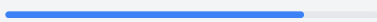
Coaching



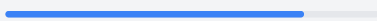
First Aid/CPR certified



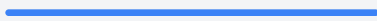
Good communication skills



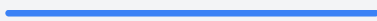
Motivational skills



Organizational skills

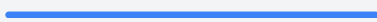


Time management

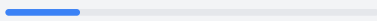


Languages

English



Portuguese



Profile

I am an assistant swim coach with over 1 year of experience. I have a passion for the sport and enjoy working with athletes to help them improve their skills. I have a strong knowledge of the techniques and training required to be successful in swimming, and I am able to effectively communicate this information to my athletes. I am also experienced in managing practice schedules and designing workouts that are tailored to each individual's needs.

Employment History

Assistant Swim Coach at Laramie County Community College, WY

Mar 2022 - Present

- Led team to state championship.
- Coached 3 all-american swimmers.
- Produced 8 olympic trial qualifiers.
- Set 5 school records.

Assistant Swim Coach II at University of Wyoming, WY

Sep 2021 - Jan 2022

- Led team of swimmers to state championships.
- Trained swimmers who went on to compete in the Olympics.
- Wrote training program that helped improve swimmer's performances by 10%.
- Helped develop new techniques that improved swimming speed and efficiency.
- Was named "Coach of the Year" by local media outlet.

Certificates

Certified Assistant Swim Coach (CASC)

Jan 2021

Certified Head Swim Coach (CHSC)

Aug 2019

Memberships

National Collegiate Athletic Association (NCAA)

National Association of Intercollegiate Athletics (NAIA)