

**JOCELYN SOWA**

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**Passionate swim coach pursues opportunity to advance in the field of aquatics**

* Successful professional experience as swim coach and team manager
* Proven ability to collaborate with superiors, colleagues, swimmers and their families
* Solid personnel management experience spanning more than a decade

## Professional Experience

## *Regional Head Swim Team Coach, 2016-Present*

## Life Time Athletic, Loudoun County, Virginia

* Develop swim team programming for **6** Mid-Atlantic sites
* Support **6** Head Site Coaches and their swimmers
* Perform quarterly site audits
* Oversee regional monthly scheduling; meets and practices
* Manage all registration and events
* Facilitate Idea Forums to generate new programming
* Host bi-weekly regional teleconferences
* Provide administrative support to **6** Aquatics Managers
* Serve as Site Head Coach Loudoun County

## *Aquatics Site Head Coach, 2012-Present*

## Life Time Athletic, Loudoun County, Virginia

* Manage daily aspects of the team
  + Creating and overseeing workouts
  + Member and Meet data entry
  + Team communications
* Discussing events and meets with swimmers and parents.
* Supported swimmers and subordinate coaches throughout the season
* Creating ideas to grow the team and generate more revenue

***Summer Swim Team Head Coach, 2012 - 2017***

Life Time Athletic, Loudoun County, Virginia

* Formulated and executed the summer season plan.
* Managed local team of 180 swimmers and regional team of 320 swimmers
* Team unify: member, meet, and event management.
* Touch Pad: meet creation, swimmer and meet management.
* Created and held events for large numbers of swimmers and families.
* Responsible for hosting swim meets and volunteer coordination
* Trained and supervised assistant coaches

***Swim Instructor, 2011 - Present***

Life Time Athletic, Loudoun County, Virginia

* Proactively sought out new students for individual and small group instruction

***DRD Pool Service, 2008 - 2012***

Glen Burnie, Maryland

* Area Supervisor and Manager for 15 swimming pools and Star Guard Instructor

***Yorklyn Yellow Jackets, Summer Swim Team Head Coach, 2005-2006***

Yorklyn, Delaware

* Head Coach of team with 150 swimmers and Supervised 5 assistant coaches

## Credentials

## American Swimming Coaches Assoc.

Level 2 Certification

**USA Swimming**

Level 2 Certification

Safety Training

Athlete Protection Training

**Red Cross Certifications**

Lifeguard

First Aid

CPR/AED

**Life Time University**

Safety Training

Swim Instructor Certification

## Education

**Master of Fine Arts, 2009**

Photography-Mixed Media

Towson University

Towson, MD

**Bachelor of Fine Arts, 2005**

Photography

University of Delaware

Newark, DE

**Associate of Science, 2003**

Media Art, Design Technology

Wilmington University Wilmington, DE

## Memberships

Old Dominion Swim League- VP

American Swimming Coaches Assoc.

USA Swimming

References Available Upon Request