

Andres Carranco

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Instructor

+1-613-614-3714

Performance Profile

Dedicated individual aiming to help people become healthier through physical activity.

Core Competencies

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|--|---|--|
| ✓ Rehabilitation
program design and
management | ✓ Exercise prescription
✓ Exercise description
✓ Exercise supervision | ✓ Written
communication
✓ Patience |
| ✓ Group management | ✓ Age/Development
appropriate activities | ✓ Critical thinking |
| ✓ Exercise program
creation | ✓ Computer literacy | ✓ Teamwork
✓ First Aid & CPR-C |

Experience

Coach Rideau Canoe Club 2011-Present

- Coached athletes in the U13, U15, and U17 competitive sprint programs
- Mentored junior coaches

Kinesiologist Prophysio & Sport Medicine Center 2014-2015

- Assisted in the prescription and monitoring of an exercise based rehabilitation program
- Worked with adults, seniors, and young athletes

Development Coach Lions Track and Field Club 2012-Present

- Coached 6-12 year old athletes in the cross country youth program

PaddleAll Volunteer Rideau Canoe Club 2010

- Helped disabled athletes enjoy the sport of kayaking

Education

University of Ottawa, Ottawa, ON 2010-2015

- BSc in Human Kinetics, Minor in Physics
- Graduated with honours

National Coaching Certification Program, Canada

2010-Present

- Canoe Kayak – Entry level canoe coach certified
- Athletics – Run, Jump, Throw instructor trained
- Multisport – Fundamental Movement Skills

St. John Ambulance

Up to September 14, 2017

- Standard First Aid + Level C CPR +AED

Achievements

2015 U17 Boys Canadian Champions – Rideau Canoe Club coaching staff

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