**Curriculum Vitae**

**Name:** Jack O’Halloran

**Address:** 1430 Kilberry, Athy, Co.Kildare

**Email:** x2musicjr@gmail.com

**Phone Number:** 0858480926

**Sex:** Male

**Date of Birth:** 08/12/95

**Nationality:** Irish

**Personal Profile:**

I am a very reliable hard working person. No matter what I do I do it to my maximum ability. I work well on my own as an individual but also work well on a team as I’m very easy to get on with. I am ambitious, understanding and motivated to work hard.

**Education**

**Secondary:** Ardscoil na Trionoide 2008-2013 (Leaving Certificate)

**Third Level:**

FETAC Level 5- Sport and Recreation

FETAC Level 6- Leisure Management

Level 7-Outdoor Education (Currently doing)

**Work Experience:**

Clelands Butcher’s Kildare

Gymnastics Coach every Saturday from half 10 until 7 in Athy Gymnastics Club voluntarily. Leader at 14 and began coaching at 16.

Worked for three months in Carlingford Adventure Centre

**Achievements:**

Recreational First Aid (Outdoor Rec 2)

Pool Lifeguard

ITEC Fitness Instructor and personal Trainer award

Won 6 consecutive All Ireland Gymnastic Competitions in Trampolining and 3 in Tumbling

**Achievements Continued:**

Came 21st in the World Hip Hop Championships in Bremen, Germany

Competed in the Junior Liffey Descent

Bronze Gaisce Award

Leave No Trace Awareness

I participated in a Sign Language show of the play Mama Mia

**Interests:**

Skateboarding

Surfing

Producing Music

Gymnastics

Playing guitar and drums

**Working Skills:**

I am relatively good with dealing with people of all ages and I have a good knowledge of computer’s and how they work. I have good time management skills and work well under pressure.As I have been in a gymnastic coaching and performing environment since I was seven I have picked up a lot of communicational skills with people of all ages. I feel I have an excellent grip on vocabulary and how to get the coaching points across to a range of ages. I also coach special needs gymnastics which can sometimes entail having a non-verbal gymnast or great speech impediment which you then need to change how you coach and have to communicate on a more individual basis depending on the needs of the gymnast. From the age of about 11 I was already in every week to help with the equipment setup at 11 o’clock and then helping coach gymnastics and taking part also training until we had to pack the equipment back away at half 6. I still do it most Saturdays now at 21 still voluntarily without pay which I feel is a good representation of reliability and passion for something.

**References:**

Pauric Dooley-0879786836(Athy Gymnastics)

Aiden McHugh-0877854812 (Athy Kayaking and Canoeing Club)

Shane Sunderland-0857027757 (Athy Gymnastics)