

# RAZEEN M

SWIM INSTRUCTOR | AQUATIC EXPERTISE | SPORTS PERFORMANCE COACH

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V4C 4C2, Delta, BC, Canada

## PROFESSIONAL SUMMARY

I'm an accomplished sports professional with a track record of optimizing swimmer performance and fostering wellness. My expertise includes tailored training, nutrition plans, and data-driven insights. I'm passionate about empowering athletes to exceed their personal bests and am committed to delivering exceptional client experiences. My strong academic and sports background underscores my motivation, self-learning capabilities, and effective time management.

## KEY STRENGTHS

- **Coaching and Training:** Coaching | Program Design | Motivation | Nutrition Guidance | Athlete Assessment | Stroke Technique Correction | Stroke Drills | Strength Training | Flexibility Training | Fitness Assessment | Functional Training | Exercise Programming | Movement Mechanics | Recovery Strategies | Innovative Training Methods
- **Communication and Interpersonal:** Communication | Empathy | Client Relations | Motivational Speaking | Interpersonal Skills
- **Performance and Assessment:** Goal Setting | Performance Tracking | Progress Monitoring | Goal Achievement | Body Composition Analysis | Sports Psychology
- **Inclusivity and Empowerment:** Inclusivity | Client-Centric Approach | Athlete Empowerment
- **Adaptability and Problem-Solving:** Adaptability | Problem-Solving | Leadership | Cross-Functional Collaboration
- **Planning and Organization:** Time Management | Event Planning
- **Patience and Positive Approach:** Patience | Positive Reinforcement
- **Teamwork and Group Dynamics:** Teamwork | Group Dynamics
- **Feedback and Improvement:** Data Analysis | Feedback Incorporation
- **Personalized Training Programs:** Tailored Workouts | Customized Training Plans | Individualized Progress Tracking

## EXPERIENCE

- **Swimming Instructor, Propel, Delta, BC, Canada** *December 2023 to Present*
  - ✓ Elevating swimming techniques for children with diverse abilities, consistently ensuring significant progress for every child.
  - ✓ Empowering numerous adults to conquer water fears, fostering newfound confidence in swimming environments.
  - ✓ Developing and implementing personalized training programs, resulting in improved client performance and overall satisfaction.
  - ✓ Cultivating strong relationships with clients, leading to noticeable improvements in learning outcomes. Received positive feedback for patience, clear communication, and motivational coaching.
  - ✓ Educating and empowering clients on essential water safety practices, contributing to heightened community awareness and fostering a safer aquatic environment.
- **Swimming and Sports Performance Coach, Special Olympics, Sri Lanka** *June 2014 to April 2023*
  - ✓ Mentored and coached intellectually disabled individuals, driving significant improvements in their swimming skills, fitness, and self-confidence.
  - ✓ Collaborated with a diverse team of over 300 coaches, fostering knowledge sharing and enhancing coaching techniques, resulting in a more effective coaching network.
  - ✓ Developed and executed comprehensive training programs and events, positively impacting the performance and well-being of over 2000 athletes nationwide, including achieving a 30% increase in medal wins and recognition at national events.
- **Swimming Coach, Sailfish Aquatics Club, Sri Lanka** *January 2020 to December 2022*
  - ✓ Achieved a remarkable 20% increase in swimmers' stroke efficiency and overall swim times through personalized coaching and technique refinement.
  - ✓ Improved swimmers' overall fitness and health by conducting comprehensive wellness assessments, resulting in enhancement in their physical condition.
  - ✓ Enhanced athlete performance and recovery with tailored stretching routines and nutrition guidance, leading to a reduction in recovery time and increase in strength and endurance.
- **National Swimmer, Sri Lanka Navy, Sri Lanka** *August 2011 to December 2014*
  - ✓ Participated in multiple national swimming events as a member of the Sri Lanka Navy. Freestyle swimmer in the 4x50m medley relay to break the national record in the year 2012.

- **Swimming Captain**, Lyceum International School, Sri Lanka **November 2009 to August 2011**
  - ✓ Successfully led the Lyceum swimming team to become the overall champions in the Inter-International swimming meet in 2011. This victory marked a significant milestone as it was the first time in 13 years that our team claimed the prestigious title.

## CERTIFICATIONS

★ <b>Swim Instructor</b> , Lifesaving Society, BC & Yukon Branch, Canada	<b>August 2023</b>
★ <b>Bronze Cross</b> , Lifesaving Society, BC & Yukon Branch, Canada	<b>August 2023</b>
★ <b>Bronze Medallion</b> , Lifesaving Society, BC & Yukon Branch, Canada	<b>August 2023</b>
★ <b>Standard First Aid &amp; CPR/AED</b> , Canadian Red Cross, BC, Canada	<b>July 2023</b>
★ <b>Special Olympics Unified Sports Coaching Course</b> , Special Olympics International	<b>February 2023</b>
★ <b>Unified Sports for Special Olympics Youth Leaders</b> , Special Olympics International	<b>February 2023</b>
★ <b>Training for Sports Performance</b> , Special Olympics, Singapore	<b>August 2014</b>

## ACCOMPLISHMENTS

- Participated in multiple national and international events for swimming and swimming coaching.
- Fastest Swimmer in Sri Lanka for a short course 50m Freestyle event in the year 2010 with a time of 24.09 seconds.
- Team member of the Sri Lanka Navy team to break the Sri Lankan National record for the 4x50m Medley Relay in 2012.
- Received Sri Lanka Navy colours awards for sports from years 2011 to 2014.
- Received varsity letter silver award for the best sportsman in 2010, Recognized for outstanding swimming and athletic performance at Lyceum International School, showcasing dedication, discipline, and skill in short-distance sprinting.
- Represented the Sri Lanka Swimming team in 2010, 32nd Chulabhorn Aquatic Club Tri-Nation Swimming Championship, Kasetsart University, Bangkok.
- Represented the Sri Lanka swimming team in 2009, Swim Life, India – Sri Lanka Swimming Meet, India.
- Received varsity letter awards for swimming from the year 2004 to 2008, D. S. Senanayake College.

## EDUCATIONAL BACKGROUND

★ <b>G. C. E. Advanced Level Examination</b> , The University of Cambridge International Examination, UK Lyceum International School	<b>2011</b>
✓ Successfully passed in science stream.	
★ <b>G. C. E. Ordinary Level Examination</b> , Department of Examinations of the Ministry of Education D. S. Senanayake College	<b>2008</b>
✓ Successfully passed.	

## VOLUNTEER EXPERIENCE

- **Treasurer**, Operations Supply Chain and Technical Management Club, KPU, Surrey, BC **June 2023 – Present**
  - ✓ Managing the financial health of the club by developing and implementing budgetary plans and optimizing resource allocation for club activities. Maintaining transparent financial records, and accurately tracking revenues and expenses.
- **Community Engagement & Capacity Building Volunteer**, BC Food Bank, Surrey BC **April 2023 – Present**
  - ✓ Assist in the distribution of food to individuals and families in need.
  - ✓ Contribute to the setup and organization of the food bank's storage area.
  - ✓ Work effectively with volunteers and staff to ensure efficient operations.
  - ✓ Conduct capacity building programs aimed at enhancing the skills and knowledge of fellow volunteers, further strengthening the organization's ability to serve the community effectively.

## REFERENCES

### Rachelle Harron

Community Services Coordinator 1  
Newton Recreation Centre, City of Surrey  
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### Conrad Francis, OLY

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