# RAZEEN M

# SWIM INSTRUCTOR | AQUATIC EXPERTISE | SPORTS PERFORMANCE SUPERVISOR

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### **PROFESSIONAL SUMMARY**

I'm an accomplished sports professional with a track record of optimizing swimmer performance and fostering wellness. My expertise includes tailored training and data-driven insights. I'm passionate about empowering athletes to exceed their personal bests and 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 and Sports Performance Supervisor, Special Olympics Serendib

June 2014 to April 2023

- Mentored and coached intellectually disabled individuals, driving significant improvements in their swimming skills, fitness, and self-confidence.
- Planned and Organized training programs for a diverse team of over 300 coaches nationwide, 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

January 2020 to December 2022

- ✓ Achieved a remarkable 20% increase in swimmers' stroke efficiency and overall swim times through personalized coaching and technique refinement using analytical approach.
- ✓ Improved swimmers' overall fitness and health by conducting comprehensive wellness assessments, resulting 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

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

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**

★ Swim Instructor, Lifesaving Society, BC & Yukon Branch, Canada

★ Bronze Cross, Lifesaving Society, BC & Yukon Branch, Canada

★ Bronze Medallion, Lifesaving Society, BC & Yukon Branch, Canada

\* Standard First Aid & CPR/AED, Canadian Red Cross, BC, Canada

★ Special Olympics Unified Sports Coaching Course, Special Olympics International

★ Unified Sports for Special Olympics Youth Leaders, Special Olympics International

August 2023

August 2023

August 2023 July 2023

February 2023

February 2023

### **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**

★ G. C. E. Advanced Level Examination, The University of Cambridge International Examination Lyceum International School

2011

- ✓ Successfully passed in science stream.
- ★ G. C. E. Ordinary Level Examination, Department of Examinations of the Ministry of Education

2008

- D. S. Senanayake College
- ✓ 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 Muslim 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 rharron@surrey.ca 604 591 4317

#### Conrad Francis, OLY

Aquatic Performance Coach Seoul Foreign School - South Korea conrad.francis@olympian.org +94777698178 +821043331964