

TJ Cheetham

7910 E Thomas Rd #107
Scottsdale, AZ 85251
Mobile Phone: 406-531-8739
cheetham.tj@gmail.com

SUMMARY:

Highly motivated, passionate and energetic swim coach who brings an enthusiastic approach to building swimmers through fundamentals and stroke technique, giving them the highest ceiling possible. Former Head Age Group Coach of top level 'A' division age group program in Minnesota. Seeking to become the next full time Head Age Group Coach/11-12 Director of Scottsdale Aquatic Club.

HIGHLIGHTS:

- Lead South Age Group Coach, Scottsdale Aquatic Club (April 2018-Present)
- Head Age Group Coach, Med-City Aquatics (2013-2015)
- B.S. Health & Human Development, Montana State University (Graduation: May 2010)
 - Comprehensive Biomechanical, Anatomical, & Athlete Training Education
- Physical Therapist/Hydrotherapist Aide, Epicenter Therapy (2010-2012)

EXPERIENCE:

Lead Assistant Coach

Scottsdale Aquatic Club: Scottsdale, AZ

October 2017 - Present

- Lead South Age Group Coach
 - Supervising south age group program (White, Blue & Gold)
 - Training athletes from ages 7-13
- Lead Blue North Coach
 - Supervised north age group kids from ages 7-11

Competitive Golfer

Self Employed: Scottsdale, AZ

November 2015 - February 2017

- Designed personalized training program
- Developed extensive statistical analysis spreadsheet to track and manage progress
Incorporated advanced slow motion video for evaluation and feedback

Head Age-Group Coach

Med-City Aquatics: Rochester, MN

July 2013 - August 2015

- Supervised top level age group program in 'A' division of Minnesota Swimming
- Planned and implemented training program through a customized seasonal plan
- Provided a deep understanding of periodized training, drills and technique
- Collaborated with Head Coach to establish team wide progressive development plan
- Utilized degree and knowledge of energy systems to promote swimmer improvement
- Communicated with swimmers, parents, and staff to effectively manage team dynamic

Assistant Coach

Med-City Aquatics: Rochester, MN

October 2012 - July 2013

- Lead Bronze Coach (Ages 9-12)

Bozeman Barracudas: Bozeman, MT

August 2008 - August 2012

- Lead 10 & Under Coach

Bitterroot Swim Team: Hamilton, MT

June 2005 - August 2007

Swim Lesson Instructor

Melbourne Sports and Aquatic Centre: Melbourne, VIC, Australia

February 2011 - June 2011

- Taught youth swim lessons for kids ages 5-14
- Trained adults in basic swim lessons and triathlete training

Pediatric Physical Therapist Aide

Epicenter Physical Therapy: Bozeman, MT

May 2010 - October 2012

- Provided specialized outpatient therapy for kids 18 & under with chronic or acute physical disabilities
- Implemented hydrotherapy techniques to promote rehabilitation and recovery in warm water therapy pool

NOTABLE SKILLS & ACHIEVEMENTS:

- Past experience as a Head Age Group Coach in MN
- Full understanding of Scottsdale Aquatic Club program and divisions
- Currently work with the 11-12 age group
- 13 years of competitive coaching experience
- Proficient in season planning
- Strong rapport with current club directors and staff
- Thorough knowledge of exercise physiology and training programs
- A knack for explaining technique that's understandable to a wide range of ages and abilities
- Highly energetic and approachable personality for swimmers, parents, and coworkers alike
- 17 years of swim teaching experience along with CPR, AED, and First Aid
- Earned High Point honors senior year of club swimming at State Meet (Montana Federation of Swimmers)
 - State Champion in maximum number of eligible individual events
- Broke the Montana Federation of Swimmers state record: 13-14 100m Backstroke

EDUCATION:

Montana State University: Bozeman, MT

Graduated: May 2010

- Bachelor of Science
 - Health & Human Development / Pre-Physical Therapy (Exercise Science)