

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 full-stack web developer who brings an enthusiastic attitude to coding and the pursuit of more knowledge. Currently enrolled in the University of Arizona's Full-Stack Coding Bootcamp. Seeking to become a full-stack programmer.

HIGHLIGHTS:

- UofA Full-Stack Web Development Coding Bootcamp Student
- South Site Director, Scottsdale Aquatic Club (August 2019-Present)
- 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/Site Director
 - Supervising south site swim program
 - Overseeing coach coordination and city staff communication
 - Training athletes from ages 6-13
- 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)