
William Wren

Derrylamogue, Rosenallis, Co. Laois.

Date of Birth: 21/12/1997

Phone: +353 85 8281924

Email: wren233@gmail.com

Education

2016 - 2020: BSc (Hons) in Sports Coaching and Performance (1st class honours), Waterford Institute of Technology

Co. Waterford

Modules include:

Strength and conditioning

Exercise medicine

Sports psychology

Sports physiology

2010 - 2016: Honours Leaving Certificate (410 points)

Clonaslee College

Clonaslee

Co. Laois

Qualifications

- Olympic Ireland: Olympic weightlifting level 1
- Gymnastics Ireland: GymEDGE
- Athletics Ireland: Athletics leader course
- FAI: Kickstart 1
- World Anti-Doping Agency – Anti-Doping Program

Employment History

Summer 2019

Position: Activity manager

Plus Educational, Brunel University, Uxbridge, London

As activity manager, I managed a team of 14 activity leaders, line managing, rota planning rota and overseeing all activities and excursions. I set up, ran, organised and closed the summer school centre in Brunel University. I was responsible for the welfare of the 600 international students over the eight-week summer camp.

Academic year 2018 – 2019

Position: Strength and conditioning coach

FSG Academy, Laan van Westenenk 4, 7336 AZ Apeldoorn, Netherlands

I was a strength and conditioning coach for a semi-elite basketball, football and volleyball team. The age range of the athletes is 12-20 years. This role involves developing individual-based workout plans for each athlete and coaching the athletes through each workout.

Summer 2018

Position: Activity leader

Plus Educational, UCD, Belfield, Dublin 4

As an activity leader, I organised and supervised a variety of activities such as sports, discos and quizzes for students on campus. I also led educational excursions around Dublin and Belfast.

Summer 2017

Position: House renovations

Philip O'Callaghan, 6 Fitzwilliam Street Lower, Dublin 2.

I was part of a team that helped renovate a Georgian house in Dublin for its owner, Philip O'Callaghan, who I had been employed by in 2016 in his business, The Examcraft group.

Summer 2016

Position: General office worker

The Examcraft Group, 89F Lagan Road, Dublin Industrial Estate, Glasnevin, Dublin 11

Examcraft is a small private education business providing education resources to Irish secondary schools. I provided cover for administrative staff on annual leave over the summer months.

Summer 2014 & Summer 2015

Position: Assistant to Warehouse Manager

Strathroy Dairy Ltd., Unit 5B, Stadium Business Park, Ballycoolin, Dublin 15.

Strathroy Dairy Ltd. is a family-run dairy distribution business. I assisted in the day-to-day running of the warehouse, including operating a pallet truck and verifying order sheets.

Achievements

- Awarded a place on the Department of Sport and Exercise Science honours list 2016-2017, 2017-2018, 2018-2019 and 2019-2020, achieving over 65% average mark across my 1st and 2nd year and a 70% average mark in my 3rd and 4th year. Finishing with a 1st class honours grade.
- Senior Peer 2 Peer mentor for first-year students in Waterford IT. This involved advising students on how to approach class and assignments, arranging group activities and conducting educational workshops for the 1st year students.

Interests and Activities

- I currently partake in Brazilian jiu-jitsu and have a strong interest in all forms of martial arts.
- I enjoy all forms of athletics and regularly participate in 5k charity runs, particularly for Down Syndrome Ireland.
- I have a keen interest in computers, in particular, building and customising PCs.

Referees

Dr Jean McArdle

Programme Leader BSc (Hons) in Sports Coaching and Performance

Department of Health, Sport & Exercise Science

Waterford Institute of Technology

Ph: (051) 302000 **email:** jmcardle@wit.ie

Mr Philip O'Callaghan

Manager Director, The Examcraft group

Unit 35, Finglas Business Park, Tolka Valley Road, Dublin 11

Ph: 086 8190728 **email:** philip@examcraftgroup.ie

Mr Rory Cunningham

Managing Director, Strathroy Dairy Ltd.,

Unit 5B, Stadium Business Park, Ballycoolin, Dublin 15

Ph: 086 8326692 **email:** rory@strathroydairy.ie
