

I am a junior software engineer with a background in elite sport as both an athlete and a coach. My unique experience in high performing teams has made the transition to working in agile development teams seamless. I'm a dedicated team player that holds myself and my team to exceptional standards, both in producing high-quality code and following best practice with our processes.

I'm constantly looking to push myself out of my comfort zone to learn something new. I love the problem-solving aspect of coding, finding the best solutions to create cool things, and the need to be continuously learning and developing.

TECH EXPERIENCE

Freelance/Personal Projects

SEP 2022 - present

PROJECTS

Gold Medal Speed Calculator	A calculator for rowing coaches to see how crews perform when compared with the gold medal speed for that boat type	React, Node.js, webpack, Express, Heroku
Lexicon	A Wordle clone, with an even harder 'hard mode' for advanced players!	React, Node.js, webpack, Express, Heroku

Makers Academy, London, UK - Software Engineering Bootcamp

MAY 2022 - AUG 2022

On the Makers course I learnt technical skills such as OOP, TDD, pair programming, and learning a variety of new technologies. This time also allowed me to further develop skills that could transfer into working as a software engineer from my previous roles. I have always valued high attention to detail, and utilised this in debugging and refactoring code, as well as carrying out thorough testing on my code.

PROJECTS

Makers Project - Loyal Bean	A loyalty mobile app for coffee shops, with custom APIs and QR code functions.	Node.js, MongoDB Atlas, Express, React Native, Jest
Mock tech test - Bank Account	A bank account simulator, taking deposits and withdrawals.	Ruby, RSpec

Other tech used: React, Python, Capybara, Sinatra, PostgreSQL

EDUCATION

Washington State University, Pullman, WA, USA

- MA Sport Management. 3.64 GPA AUG 2016 - MAY 2018

University of Bedfordshire, Bedford, UK

- BSc Sport & Exercise Science. 2:2 SEP 2005 - MAY 2009

WORK EXPERIENCE

Bedford Modern School, Bedford, UK

– *Senior Rowing Coach* AUG 2019 – MAY 2022 & OCT 2014 – JUL 2016

- Working with junior student-athletes required high levels of communication, understanding their motivations and concerns, as well as being able to interpret behaviour when verbal communication wasn't always forthcoming.
- Continuously set high standards, as a vital part of developing behaviours that would continue into students' adult lives, as well as benefiting their performance as junior athletes.
- Managing the expectations of the athletes was an important part of ensuring they handled both success and failure in a healthy way that allowed them to continue to develop. I encouraged a growth mindset, to embrace challenges as learning opportunities, and to strive for continuous personal improvement.

Washington State University Athletic Department, Pullman, WA, USA

– *Women's Rowing – Assistant Coach* AUG 2016 – JUN 2019

- As well as communication with elite college athletes, this role involved relationship building across the wider university community. Responsibilities included working alongside various academic departments during the recruitment of potential students to the university, and having an in-depth working knowledge of systems and practices, such as NCAA and US visa regulations.
- Training time was regulated, and planning and implementing a training program that maximised the time of our student-athletes required high attention to detail. The program had to work around student-athletes' academic demands, whilst being dictated by fixed competitions dates. All the while ensuring a progressive, periodised plan that maximised physiological adaptations over the course of the season.

Pertemps, Reading, UK

– *Recruitment Team Lead* AUG 2012 – OCT 2014

- Leading a team of six staff, tasked with the recruitment, and management, of around 200 temporary workers employed at Thames Water.
- Stakeholder management was a key part of the role, working with hiring managers to deliver the best recruitment experience, and ensuring success of our staff.

ATHLETIC CAREER

England Rowing Team (2010 – 2012)

I competed for the England team at the Home International Regatta in 2010 and 2012, against Scotland, Ireland, and Wales. Winning in the Coxed Four in 2012.

Leander Club (2012–2013)

Whilst rowing at Leander Club, a British Rowing High Performance Centre, I achieved a 5th and 11th place finish at the GB Rowing Team National trials, and won Bronze at the 2013 British National Championships in the men's 8+ event.

Star Club (Bedford) (2006–2012)

Achievements include winning silver at the 2011 British National Championships, winning the Britannia Challenge Cup at Henley Royal Regatta in 2012, and setting a British Record for the Marathon distance on the rowing machine.