

# JESS DE SILVA

**Objective:** To seek out opportunities for growth and development in a high-performance sport environment.



## RELEVANT EXPERIENCE

Current  
|  
2021



### Performance Coach

EXOS

📍 Sydney, NSW

- Implement the Exos methodology on a daily basis to enhance movement quality and performance.

Current  
|  
2023



### Head Strength & Conditioning Coach

Sydney Uni American Football Team

📍 Sydney, NSW

- In charge of team and individual strength programs, conditioning, and on field warm ups.
- Finished the 2023 season 2nd in the state, earning a spot in the Waratah Bowl final.
- Awarded 2023 'Club Person of the Year' voted by players and staff.

2021  
|  
2018



### Strength & Conditioning Coach

Competitive Edge

📍 Sydney, NSW

- Worked individually with female gridiron athletes to enhance their strength, power, and agility.

2019  
|  
2019



### Intern - Strength & Conditioning

Arizona State University

📍 Tempe, AZ

- Experience with an NCAA Div I Football team, shadowing strength sessions across different positional groups.



## EDUCATION



### CSCS Certificate



### M.Sc. Exercise Science (Strength & Conditioning)

Edith Cowan University

📍 Perth, WA

2021  
|  
2019



### Graduate Certificate Sports Analytics

University of Canberra

📍 Canberra, ACT

2021  
|  
2020



### B.Sc. Sport & Exercise Science

Western Sydney University

📍 Sydney, NSW

2018  
|  
2016



## CONTACT

📍 Sydney, AU

📞 (61)422606226

✉ [j.amy.desilva@gmail.com](mailto:j.amy.desilva@gmail.com)

in [LinkedIn](#)

## REFERENCES

Jennifer Noiles -  
Senior Performance Director -  
Staff Development (EXOS)  
[jnoiles@teamexos.com](mailto:jnoiles@teamexos.com)

Josh Stewart -  
Head Coach (Sydney Uni  
Football Team)  
[josh.lawton@gmail.com](mailto:josh.lawton@gmail.com)

Dee Hernandez-Avalos -  
Tactical Strength and  
Conditioning Coach (US Army)  
[dvhavalos@gmail.com](mailto:dvhavalos@gmail.com)