

# Nathan Skidmore

2500 S. Millbend Dr. Apt. 10203, The Woodlands, TX 77380  
(402) 707-4549 • njskid11@gmail.com

Accomplished and professional swimming coach with nine years of swim coaching experience and 12 years of competitive swimming experience seeking to serve as the Assistant Women's Swimming Coach for the University of Houston.

## Education

**University of Nebraska at Omaha** – Omaha, NE

Bachelor of Science in Exercise Science, Graduation: May 2017

- Focus: Coaching; Strength and Conditioning

## Experience

**Lead Coach** – The Woodlands Swim Team.....August 2018 – Present

- Direct swimmers as Lead Coach for the top 9-10 age group and assist with instructing the Senior group and the noncompetitive groups
- Designed and implemented the 9-10 age group dryland program, which focuses on teaching proper form on basic exercises to prepare the athletes for working with our designated dryland coach as they progress through the program
- Create all meet files and collect all entries from teams for hosted meets
- Communicate important information such as warm up assignments, timing assignments, timelines, psych sheets, and any changes that may have occurred with all teams participating in team-hosted meets
- Assist Meet Directors with the running of all meets by creating pre-meet documents (warm up assignments, timelines, seating arrangements), working the computer during the meet, and problem solving any issues that may arise
- Redesigned the TWST website ([www.itwst.org](http://www.itwst.org)) to streamline and modernize the website so that it is easier to read and find relevant information

**Assistant Head Coach** – Aquatic Club of Elkhorn.....August 2012 – August 2018

- Lead instruction of the pre-sectional level high-school-aged swimmers and the sectional level age group swimmers
- Assisted with the national level training group
- Planned and wrote season plans and all workouts, including all dryland workouts and weight training
- Taught goal setting, race strategy, and mental training
- Served as the Meet Director for December Snowball Dash meet and Intersquad meets
- Educated coaches to help them determine a training style that fit them and the club's plan so that individual swimmers and the team as a whole achieve their maximum potential
- Worked with all Lead Coaches to establish a training regimen appropriate for all age groups and levels
- Assisted in planning the team training trip and yearly travel trip by selecting trip destinations, scheduling activities, and preparing the itinerary, while ensuring the cost of the trip remained within the set budget
- Oversaw all meet entries and made sure they were finalized and sent to host teams before all deadlines
- Coordinated the coaching schedule for all practices and meets
- Created the training schedule for the club
- Served as a liaison between the Parent Board and the coaching staff
- Negotiated a partnership with First Pick Performance, a local strength training facility, and helped design the swimming-specific training program
- Researched and put into practice all technology the club uses such as Ikkos, underwater cameras, and power towers
- Assisted the Team Manager in all duties including, but not limited to, volunteer coordination, team travel arrangements, and ordering all equipment
- Managed the team's social media accounts on Twitter and Facebook

**Assistant Coach** – Elkhorn Public Schools.....November 2012 – August 2018

- Assisted in daily pool workouts for the Varsity and the Junior Varsity for both the men's and the women's teams
- Worked with the head coaches to create meet entries and the running of home meets
- Created and implemented a strength program for the Varsity and the Junior Varsity groups
- Coached male and female two-time state champion Special Olympics swimmers

**Meet Operations Volunteer** – Special Olympics Nebraska.....May 2013 – August 2018

- Operated the timing system and helped problem solve any issues that occurred throughout the meet

**Intern** – D1 Sports Training.....September 2016 – December 2016

- Assisted with youth and adult group workouts by running different stations, correcting the athletes' form, and motivating the class
- Found and recruited new potential clients and sports teams
- Helped with social media and marketing

## **Honors**

- Midwestern Swimming Age Group Coach of the Year - 2018
- Head Coach for the Midwestern Swimming Zones Team – 2016, 2017 and 2018
- Head Coach for the Midwestern Swimming Open Water Zones Team – 2018
- Assistant Coach and Team Manager for the Midwestern Swimming All Star Team – 2016
- Assistant Coach for the Midwestern Swimming All Star Team – 2015 and 2018
- Assistant Coach for the Midwestern Swimming Zones Team – 2014
- Co-Meet Director for the Midwestern All Stars Team – 2017 and 2018

## **Certifications**

- CPR
- USA Swimming Athlete Protection Training
- Red Cross Safety Training for Swim Coaches