

OLUTOBI ADEBAYO-ROWLING

Address :

51 Dean Court Road Rottingdean

Brighton

BN27DL

Email: olutobi1996@icloud.com

[Tel: 07795842701](tel:07795842701)

Gender: Male

DOB: 16/11/1996

STRENGTHS / INTERESTS

I am a dedicated and motivated semi-professional athlete looking for a full-time role. I am currently playing football whilst having other part-time roles but would like to find something more stable which will allow me learn new skills and develop professionally.

As an individual I am highly personable and have always enjoyed building relationships within my previous organisations. I have experience working with children at PLAY and clients of all ages at TR Fitness.

EXPERIENCE

Positive Learning Active Youth (Play) - Childcare Assistant (part-time)

September 2019 - Present

PLAY is an after school club which provides childcare and activities for over 100 children per week. As a Childcare Assistant I plan and implement different sporting activities to engage the children. This role has helped developed my relationship building and care-giving skills.

TR Fitness - Private Personal Trainer (part-time)

April 2019 - Present

After acquiring my Level 3 diploma I quickly built up a client base offering training sessions for individuals of all fitness levels. I currently train 8 clients ranging from the age of 16-65 on a regular basis, as well as offering consultation on nutrition and dietary plans.

Eastbourne Borough FC (part-time)

December 2018 - Present

I joined Easbourne during the 2018/2019 season. During my 18 months at the club I have played 57 games in National League South and have been awarded the Fans Player of The Year award for the 2018/2019 season.

Bromley FC (full-time)

June 2018 - December 2018

10 appearances in the Vanarama National League.

Cork City FC (full-time)

November 2017 - June 2018

After two years at Sligo I was sold to the League of Ireland Premier Division Champions Cork who were competing in the UEFA Champions League at the time. I was heavily involved in summer camps for fans and personal appearances on media channels.

Sligo Rovers FC (full-time)

January 2016 - November 2017

I signed a professional contract with Sligo Rovers FC in the January 2016 transfer window. I played for two full seasons earning 60 appearances and the League of Ireland Premier Division Young Player of the Year award in my first season. I also coached young children and teens at football summer camps and was involved in local community initiatives such as visiting hospitals.

Peterborough United (full-time)

March 2014 - January 2016

I started at Peterborough as a full-time scholar and was then offered a one year professional contract. During my first year as a scholar I achieved my Level 1 coaching badges as part of my education. I also made five appearances for the first team whilst they were competing in the EFL League 1.

EDUCATION AND QUALIFICATIONS

TEFL Level 5 Diploma in teaching English as a foreign language (2020) *ongoing*

Active IQ Level 3 diploma in Personal training (2019)

Modules included:

- *Applied anatomy and physiology for exercise, health and fitness*
- *Encouraging positive health and fitness behaviors in clients*
- *Professionalism and business acumen for personal trainers*
- *Program design and delivery for personal training*
- *The principles of nutrition and their application to exercises and health*
- *Understanding lifestyle, health, wellbeing and common medical*

Football Association Level 1 Certificate in coaching football (2014)

11 GCSE's grade A-C (including Maths, English, IT, History and PE), (Graduation - 2013)

