

# SAM MOLLOY

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Dedicated and forward-thinking sports science professional with a BSc and MSc, NSCA CSCS accreditation, and multiple certifications in personal training, first aid, and digital tools. Possesses hands-on experience in elite sports and athlete development as well as data-driven performance analysis. Currently enhancing skills in R, Python, and SQL to further develop analytical expertise. A lifelong high-performance athlete passionate about evidence-based practice in sports settings.

## CORE QUALIFICATIONS & STRENGTHS

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### Professional Certifications

- NSCA Certified Strength & Conditioning Specialist (CSCS)
- REPS Accredited Diploma in Personal Training
- GAA Performance Analysis Accreditation
- First Aid & FA Safeguarding Certifications
- Microsoft Office Certifications
- Full Driver's License

### Technical Proficiencies

- Video Analysis Software: NacSport, LongoMatch, Veo
- Statistical & Data Analysis: Jamovi, R, SQL, Tableau
- Videography & Video Editing-Formatting
- Proficient with Salesforce

### Skills & Attributes

- Teamwork, Leadership, and Communication
- Adaptability and Flexibility
- Organisation and Administration
- Problem-Solving and Social Intelligence
- Emotional Intelligence (EIQ)
- Accountancy and Strong Work Ethic
- Athletic Ability and Physical Fitness
- Competent in Spanish
- Punctual and Professional

## EDUCATION

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- **Google Data Analytics Professional Certificate**
- **NSCA Certified Strength & Conditioning Specialist (CSCS)**
- **GAA Performance Analysis Accreditation**
- **REPS Accredited Diploma in Personal Training**
- **MSc Coaching Science in Sport, University College Dublin**  
Modules include Performance Analysis, Strength & Conditioning, Performance Nutrition, Acute Exercise Physiology, Applied Psychology, Theory of Coaching etc.
- **BSc Sports & Exercise Management, University College Dublin**  
Modules include Business Management, Marketing, Event Management, Human Resource Management, Sports Development, Coaching & Exercise Science etc.
- **St. David's Holy Faith Secondary School**  
Leaving Certificate – All Honours Level (7 subjects)  
Junior Certificate – All Honours Level (11 Subjects)

## HONOURS AND AWARDS

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- **Dion Doyle Special Merit Award**, Greystones United AFC (2017)
- **Player's Player of the Year**, Eire Óg Greystones GAA (2017)
- **Player of the Year**, Greystones United AFC (2013 & 2017)
- **DDSL Under 18 Major League Champions**, Greystones United AFC (2017)

## CAREER HISTORY

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**Junior Sales Administrator, EML Payments, October 2025-Present**

**Freelance Sports Analysis – Hurling, Eire Og Greystones GAA, 2025**

**Online Personal Trainer, May 2025 – Present**

Small Group Classes & Various 1-1 sessions with clients.

**Performance Analysis & S&C Internship, Wexford GAA Model Academy, 2024/2025**

Integral member of backroom staff supporting athlete performance through statistical analysis and detailed performance profiling. Assist with strength and conditioning programming both in the gym and on the pitch, including performance testing, data collection, and interpretation to inform training adjustments. Support logistical operations such as planning training sessions, coordinating travel arrangements, and managing nutrition logistics by organizing post-session meals. Collaborate closely with coaching staff to enhance athlete development and team preparation for competition.

**Freelance Sports Analysis - Football, Greystones United AFC, 2021/2022**

**Freelance Sports Analysis - Football, Sporting Greystones FC, 2022/2023**

**Group Pensions Administrator, Zurich Life, January 2024 – May 2025**

**Order Administrator & Client Services, EML Payments, Bray, November 2023 – January 2024**

**Back Shop Assistant, Marine Drive GC, Vancouver BC, September 2022 – October 2023**

Spearhead of member relations on a day-to-day basis. Assisted in providing an elite service to the private club's members, ensuring the smooth operations of the daily tee sheet and practice facilities. I worked closely alongside our Director of Golf which gave me an insight into the organizational structure of a private golf club in North America.

**Construction, Vancouver, BC, September 2022 – April 2023**

**Supervisor, Centra Greystones, December 2019 - June 2020**

**Shop Assistant, Centra Greystones, September 2018 – December 2019**

**Café Assistant, Greystones United AFC, August 2015 – February 2017**

**Volunteer Experience - Tidy Towns Greystones, February 2016**

**Work Experience - PriceWaterhouseCoopers (PwC), Dublin, November 2015**

## REFERENCES AVAILABLE UPON REQUEST

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**Eoin Devine O'Grady**, Performance GDA, Wexford GAA

- [eoin.devine.ogrady.gpo.wexford@gaa.ie](mailto:eoin.devine.ogrady.gpo.wexford@gaa.ie)

**Padraic O'Rourke** PGA, Director of Golf, Marine Drive GC, Vancouver

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