

# Cheri Neander

Swimming Coach

## Profile

I am a Swimming Coach with over 5 years of experience. I have coached children and adults of all ages and abilities, from beginners to advanced swimmers. I have a passion for teaching people how to swim and helping them improve their technique. I am also a certified lifeguard and CPR instructor.

## Employment History

### Head Swimming Coach at Magnolia School District, AR

Mar 2022 - Present

- Coached a high school team to a winning season.
- Led a client to set two new personal records in the 200-meter breaststroke and 400-meter freestyle.
- Successfully directed all training activities for both junior varsity and varsity swim teams.
- Created an innovative program that helped swimmers of all ages improve their techniques.
- Developed individualized training plans for each swimmer on the team, based on their unique strengths and weaknesses.

### Assistant Swimming Coach at Ouachita School District, AR

Jul 2017 - Jan 2022

- Led a team of swimmers to 50 podium finishes in competitive events.
- Gave one-on-one swimming instruction to 30 beginners, helping them overcome their fear of water and improve their techniques.
- Coordinated weekly practice schedule for 20 swim team members while also working with the facility's head lifeguard on pool safety procedures.
- Organized and ran successful fundraising campaign that generated \$5,000 for new equipment and uniforms.

## Education

### High School Diploma at The University of Arkansas, AR

Aug 2012 - May 2017

I accomplished getting high grades and being top of my class. I also managed to get into a good college.

## Certificates

### National Coaches Certification Program – Swimming (NCCP-S)

Sep 2020

### Lifesaving Society National Lifeguard Service – Pool Option (LSNLSPO)

Apr 2019

### Red Cross Water Safety Instructor/Lifeguard Training (WSI/LGIT)

Apr 2018

## Details

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## Links

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## Skills

Vast knowledge of swimming techniques

Excellent organizational and time management skills

Outstanding coaching abilities

Great ability to communicate with swimmers and motivate them

Good people skills

Ability to work well under pressure

Must be able to handle stress

## Languages

English

Mandarin