

Lena Akulyonok

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PROFESSIONAL SYNCHRO SWIMMING COACH RÉSUMÉ

Objective

To become a strong team member in teaching and coaching swimming within an organisation that promotes excellent values. To help develop and implement a successful swimming teaching program and to deliver excellent synchro skill to swimmers of all ages and abilities.

Skills & Abilities

Managed numerous programs throughout my international work and sports experience. These programs have included various teams of athletes; also fitness programs of all ranges from children through to specialised programs for pregnant women, people with special needs (CP), rehabilitation post-trauma and musculoskeletal disorders. Managing these programs included tasks such as planning, writing, and implementing short and long term training sessions. Other tasks included managing other teachers and coaches to achieve the above goals.

I have a set of communication skills with clients, parents, management, potential sponsors and club owners. Having worked in different swimming and fitness clubs I was required to communicate directly with parents from different parts of the world, to work with children of different language skills, cultures and races. I was also required to communicate and liaise between clients and staff. This further advanced my skills as I often had to translate between groups and plan accordingly.

As a member of the Ukrainian national team I was required to take on a leadership role in the team, which gave me excellent skills needed to lead my peers within the one setting. Teaching swimming lessons to children also required the ability to control young people and encourage them to achieve different goals. I also developed strong organisational skills to take charge of various programs in order to successfully deliver entertainment shows. Coaching multiple swimmers in aspects of aquatic shows taught me to motivate all members of the show teams.

Work Experience

Swimming/Synchronized swimming coach at PSI (Kiev) Aug 2021-current

PE teacher in BISU (Kiev) AUG 2020- July 2021

SYNCHRONISED SWIMMING COACH / IN SYNCHRO LATVIA CLUB | RIGA, LATVIA | DEC 2019 – APR 2020

Preparing children of 6-12 y.o. on both amateur and professional teams. The goal is to promote the club to international level.

ASSISTANT TO HEAD COACH | IN BEIJING SYNCHRO CLUB, CHINA | JAN 2019 – AUGUST 2019

Preparing children for local, school and international competitions, progressing technical, artistic performance.

SYNCHRONISED SWIMMING COACH | IN SINGAPORE | JUNE 2016 – AUGUST 2018

American Sport Club – Coaching children of ages from 6 to 12, including private lessons.

Speedy Synchro Club – Preparing professional synchro swimmers.

PERSONAL TRAINER/SWIMMING INSTRUCTOR | TETRA FITNESS CLUB, UKRAINE | 2011 –2015

Worked directly with individual clients, young and old, writing and executing specialised programs for each individual, based on their specific needs. Utilised all areas of the fitness club – gym, pool, dance studio. Taught and coached swim lessons to children, teens, and adults.

PRIVATE COACH | KHARKOV, UKRAINE | SEPTEMBER 2007 – FEBRUARY 2008

Swimming instructor and coach – specialising in teaching children and pregnant women

AQUA COACH | OCEAN WORLD – SOUTH KOREA | MAY 2007 – SEPTEMBER 2007

Aqua Aerobics coach, swim instructor for children and pregnant women, performer in Aqua Show

AQUA COACH | ZOOMARINE – PORTUGAL | MAY 2005 – MAY 2006

Aqua Aerobics coach, aqua coach for pregnant women, swim instructor for babies and children with special needs, performer in Aqua Show with dolphins

NATIONAL SENIOR TEAM MEMBER SYNCHRONISED SWIMMING | UKRAINE | 2000 – 2004

Competed in numerous senior international competitions including World Championships and European Championships

Ukrainian National Team member during Olympic Cycle Preparation to Summer Olympic Games in Athens 2004
World Championship in Spain (Barcelona) 5th place
European Championship in Turkey (Istanbul) 4th place
Junior World Championship in USA (Seattle) 3rd place
Junior World Championship in Canada (Montreal) 4th place

Education

MASTER DEGREE IN PHYSICAL EDUCATION, QUALIFICATION OBTAINED: SWIMMING COACH, TEACHER

KHARKOV STATE ACADEMY OF PHYSICAL CULTURE AND SPORTS |2001 - 2006|

INTERNATIONAL MASTER OF SPORT FROM 2000

ADDITIONAL SKILLS

Qualified teacher of swim lessons for babies, children, and adults

Qualified fitness instructor

Fully trained and qualified in delivery of TRX training.

Fluent in English, Russian, Ukrainian