



MICHAEL ANDERSON

SENIOR FREE DIVING COACH

PROFILE

Accomplished Free Diving Instructor specializing in advanced techniques and physiological training. With a robust background in performance coaching, this professional excels in enhancing students' breath-hold capabilities and mental resilience. A history of leading workshops that integrate cutting-edge research with practical applications, fostering an environment of continuous improvement and excellence. Noteworthy for establishing strong relationships with students and providing individualized attention to maximize their potential.

EXPERIENCE

SENIOR FREE DIVING COACH

Depth Dynamics Academy

2016 - Present

- Designed and implemented specialized training programs for elite athletes.
- Conducted physiological assessments to tailor training regimens.
- Utilized video analysis to enhance technique and performance feedback.
- Led workshops on mental conditioning and breath control.
- Collaborated with health professionals to ensure comprehensive athlete care.
- Promoted a culture of safety and respect for the marine environment.

FREE DIVING INSTRUCTOR

Aquatic Explorers

2014 - 2016

- Instructed various levels of free diving courses focusing on technique and safety.
- Conducted regular safety drills and emergency response training.
- Developed engaging lesson plans that catered to diverse learning styles.
- Maintained detailed records of student progress and achievements.
- Facilitated community outreach programs to promote free diving.
- Participated in national free diving competitions to demonstrate techniques.

CONTACT

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SKILLS

- Performance coaching
- Breath-hold techniques
- Video analysis
- Mental conditioning
- Safety management
- Community engagement

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER OF SCIENCE IN SPORTS SCIENCE, COASTAL UNIVERSITY

ACHIEVEMENTS

- Increased student retention rates by 40% through enhanced training methods.
- Published articles in leading sports journals on free diving techniques.
- Awarded 'Best Instructor' by the National Free Diving Association.