Michael Anderson

PERFORMANCE SURFING COACH

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SKILLS

- performance training
- fitness integration
- individualized coaching
- safety protocols
- nutrition
- mental wellness

EDUCATION

BACHELOR OF SCIENCE IN KINESIOLOGY, COASTAL UNIVERSITY

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Increased student performance levels by 30% through tailored training programs.
- Developed a fitness app specifically for surfers, gaining over 1,000 downloads.
- Recognized as 'Top Coach' by the local surfing federation.

Innovative Surfing Instructor with a strong focus on performance enhancement and fitness integration within surfing education. Combines expertise in physical training with surfing techniques to improve overall student performance. Recognized for developing high-intensity training programs that optimize strength, endurance, and flexibility for surfers. Skilled in assessing individual fitness levels and tailoring programs to meet specific surfing goals.

EXPERIENCE

PERFORMANCE SURFING COACH

Surf Fit Academy

2016 - Present

- Designed and implemented performance training programs for surfers.
- Utilized fitness assessments to tailor surf training regimens.
- Incorporated cross-training techniques to enhance surfing capabilities.
- Monitored and analyzed student performance metrics to track progress.
- Organized workshops on nutrition and physical conditioning for surfers.
- Collaborated with sports psychologists to promote mental wellness.

SURF INSTRUCTOR

Dynamic Surf School

2014 - 2016

- Taught surf lessons with an emphasis on fitness and performance techniques.
- Developed individualized training plans to improve surfing skills.
- Conducted safety drills and ensured adherence to safety standards.
- Monitored student progress and provided constructive feedback.
- Hosted fitness camps that integrated surfing and physical training.
- Engaged with local fitness communities to promote surf conditioning workshops.