### **CURRICULUM VITAE**

## **Liam Joseph Bolger**

Date of Birth: 15<sup>th</sup> July 1969

Email: eddiebolger1@gmail.com

Phone 00353 870507069

Dungear Lane

Bricketstown

Taghmon

Driving Licence: B Licence Co Wexford Ireland

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Proven high performance coach who has experience supporting and leading world class teams at European, World and Olympic level. Massively committed to professionalism and has displayed a strong record in both his personal development and the development of individuals, which has brought professionalism and success to teams he s been an integral part of. Has a keen desire to lead, support and drive boxing to success leading into the Tokyo 2021 Games and beyond.

### **Professional Achievements**

### **Coach – IABA Appointed International Experience**

- Rio Olympic Games 2016 8 Boxers Qualified
- Inaugural WSB/APB/PRO Qualifier Venezuela 2016
- Women's World Elite Championships, Astana 2016 2 Medals 1
   Qualified
- Women's European Elite Championships, Sofia 2017 1 Medal
- World Olympic Qualifier, Baku 2016 1 Qualified
- Continental Qualifier, Samsun 2016 2 Qualified
- World Elite Men Championships, Doha 2015 3 Medals 2 Qualified
- European Elite Men Championships, Samokov 2015 3 Medals
- Commonwealth Games, Glasgow 2014 9 Medals
- World Elite Men Championships, Almaty 2014 2 Medals
- European Union Elite Men Championships, Sofia 2014 4 Medals
- European Elite Men Championships, Minsk 2014 4 Medals
- APB designated Coach for Pre Ranking Cycle, Sofia 2014 2 top 4 rankings
- World Series Of Boxing season, 2013, 2014, 2015, 2016 3 Qualified
- European Schoolboys, Anapa 2009 2 Medals

# **Athlete – Key Achievements**

- 1984 -2004: 35 International Appearances at Youth, Intermediate and Senior Level
- 1984 -1989: 4 National Boxing Titles

## **Employment**

| 2017 – present title | German Boxing Association – Head Coach of Elite Boxing/Olympic team                |
|----------------------|--|
| 1994 - 2017          | Wexford CBS Boxing Club<br>Head Coach (voluntary)<br>Member of the IABA since 1981 |
| 2008 – 2017          | IABA High Performance Programme High Performance Coach                             |

- Managing and effectively transitioning boxers from grassroots into the high performance programme;
- Planning, executing and monitoring a boxer pathway development programme;
- Designing and implementing periodised training programmes in close partnership with a team of coaches and support staff across junior, youth, senior development and senior elite level;
- Developing effective relationships; with boxers and coaches attached to the High Performance Programme;
- Integrating cutting edge sport science supports (psychology, physiology performance analysis) into a training and competition environment;
- Managing and coordinating coaching support for international competitions;
- Managing competition and training budgets attached to yearly plans;
- Promoting boxing at local community level through club and coach education;
- Developing new knowledge and experience into the world level standard around high performance boxing at a global level.
- Support the coaching team as we administer a boxing support programme;
- Input and manage feedback at programme management team meetings on a monthly basis;

Managing budgets and travel logistics pre and during major competitions.

| 2005-2011<br>Title  | Reynaers Ltd, Enniscorthy, Co Wexford Business Development Manager       |
|---------------------|--|
| 2004-2005<br>Title  | Bathman, tiles and bathrooms, Co Wexford Sales Manager                   |
| 2000- 2004<br>Title | <b>Tile Savers, Kerlogue Industrial Estate, Co Wexford</b> Sales Manager |

## **Professional Qualifications**

- December, 2016 Sports Specific First Aid Course in Contact Sport Resus Accredited (one day course)
- May, 2014 ECDL, 1-7 modules European Computer Driver Licence;
- August, 2014 APB/ WSB Certified Coach AIBA Accreditation;
- February, 2014 Pursuit of Excellence Program (2014-present) Irish Institute of Sport;
- June, 2013 AIBA 3 Star Coach- AIBA Accredited;
- September, 2013 Cut Man and Professional hand Wrapping- Cut Man Ireland Accredited;
- June, 2010 IABA Level 2 Tutor Certified Coaching Ireland Accredited;
- June, 2009 IABA Level 1 Tutor Certified Coaching Ireland Accredited;
- June, 2004 IABA Level 1 Coach Coaching Ireland Accredited;

#### **Education**

| 1995 – 1989 | Waterford Institute of Technology, Waterford<br>Engineering Degree                 |
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| 1981 – 1985 | Christian Brother Secondary School, Wexford Junior Certificate Leaving Certificate |