

Proven high performance professional who has delivered medal success at European, World and Olympic levels.	Natural, focused and caring high performance coach.	Ambassador for boxing.
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Achievements

High Performance Coach

Recent Achievements 2015

- Stranja Bulgaria Multi-nations Tournament – Womens Silver Medal
- GEE BEE Finland Multi-nations Tournament – Mens 2 x Gold, 2 x Silver, 2 x Bronze
- WSB and APB Qualifying Competitors
 - APB: David Oliver Joyce – Kazakhstan 4 Contests Semi-final Qualifier
 - WSB: Joe Ward – Bulgaria – 4 Contests Semi-final Qualifier
 - WSB: Paddy Barnes – 5 wins out of 5 – Ranked No1.
 - WSB: Michael Conlon – 3 wins out of 5 – Ranked No.3
 - WSB: Stephen Donnelly – 3 wins out of 3 – Ranked No.3

Historic

- Womens World Championship 2014 – Gold Medal
- European Union Championships - 2014 – 1 Gold, 1 Silver, 2 Bronze Medals
- World Championships 2013 – Almaty, Kazakhstan - 1 Silver 1 Bronze Medal
- European Championships 2013 – Minsk, Belarus - 2 Gold, 2 Silver
- Olympic Games 2012 – London – 1 Gold, 2 Silver
- European Championships 2011 – 2 Gold Medals
- World Championships 2011 – Baku, Azerbaijan – 1 Bronze Medal
- European Championships 2010 - Moscow - 3 Gold, 1 Silver, 3 Bronze Medals.
- World Championships 2009 - Milan, Italy - 1 Bronze Medal.
- European Union Championships 2009 - Odense, Denmark - 3 Gold, 3 Silver, 3 Bronze Medals.
- Elite Women European Championships 2009 - 1 Gold Medal.
- European Championships 2008 - Liverpool - 3 Bronze Medals.
- Beijing Olympic Games 2008 - 1 Silver, 2 Bronze Medals.
- World Championships 2006 - Mianyang, China – 1 Top 8 Finish.
- Athens Olympic Games 2004 – 1 Top 16 Finish.
- European Championships 2004 - Pula, Croatia - 1 Bronze Medal.
- World Championships 2003 - Bangkok - 2 Top 8 Finishes.
- Olympic Qualifiers 2000 - 1 Qualified Boxer.
- National Championships 1996 – 2003 - Numerous National Championships.

Elite Athlete

- European Union Championships 1991 - Gold Medal.
- World Championships 1991 - Sydney - Top 8 Finish.
- World Championships 1989 - Moscow - Top 8 Finish.
- Seoul Olympic Games 1988 – Qualification.
- GAA Inter county Player: Hurling & Gaelic Football. Minor. Junior. Senior football. Minor hurling.

Employment

2003 – Present **Irish Amateur Boxing Association**
Position: **Head Coach**

- Managing 63 boxers from junior to senior level across male and female programmes.
- Designing weekly, monthly and annual coaching plans.
- Managing a team of 2 coaches: junior and technical coach.
- Managing athletes and staff in elite competition environments.
- Integrating coaching content with wider performance science support across i.e. performance analysis, sports medicine, sports psychology, nutrition, physiotherapy, and athlete lifestyle.
- Planning international elite training camps.
- Liaising with IABA management board regarding international squad selection.
- Design annual high performance plan in conjunction with IABA high performance team and the IABA management board.
- Coordinating junior, senior and female high performance programmes.
- Developing a long term sustainable talent development pathway from grassroots to international representation.
- Evaluating athlete and staff performance against annual high performance plan goals and expectations.

Skills acquired: Teamwork, goal-setting, communication, result delivery, people management, long term planning

1992 – 2003 **Product Agent**
Position: **Glanbia Plc**

- Selling dairy product to a regional market.
- Distributing dairy products a range of domestic and commercial clients.
- Liaising with customers regarding product feedback.
- Managing stock in collaboration with regional distribution network.
- Managing cash flow, budget and invoice payment systems.

Skills acquired: New enterprise management, people management, 1-2-1 sales, budget management

1986 – 1992 **Fitter**
Position: **Pierce Engineering Limited**

- Full range of mechanical Fitter Craft & Maintenance duties.

Skills acquired: Problem solving, solution design and implementation, quality management.

1979 – 1986 **Fitter**
Position: **John Jackman Engineering**

- Welding components with Co2 and a stick welder.

Skills acquired: Problem solving, solution design and implementation, quality management.

Education

2011 **Diploma in Executive Coaching**

2009 - 2010 **Post-Graduate Diploma – Strategic Human Resource Management**
Irish Management Institute (As part of Masters of Business Programme)

Subjects include: strategy; diagnosing the organization; talent management; building high performance; reward and communications; managing across national boundaries and cultures; engaging employees and delivering a high commitment org; negotiation techniques, dispute resolution.

1998 **IABA Coach Tutor Programme, National coaching & training Centre**
University of Limerick

Subjects include: Adult learning principles, team management, training session planning, training session evaluation

1989 **IABA Level 1 Course, Kilcullen, Co. Kildare**

1981 **National Senior & Junior Trades Certificate – Mechanical Engineering**
Waterford Institute of Technology

Other Key Skills

2006 **3 Day Media Management Training Course – Michael Comyn & Associates**
2003 **Information technology - ECDL Computer Certificate**

Guest Speaker at Chamber of Commerce and business /sport conferences and meetings sharing insights on coaching for high performance – AMBASSADOR FOR BOXING

Interests

- Member of the Sarfields Gaelic football and the Faythe Harriers hurling club.
- Sporting interests – Boxing, Hurling, and Gaelic football
- Other interests – Reading, Traveling

Referees

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