

Eloise Elizabeth Anne Barber

106 Al Thamam 53, Remraam, Dubai, U.A.E

Mobile Tel UK: +44 7837 307570 Mobile Tel Dubai: +971 504 304 350 Email: barbereलोise@gmail.com
<https://www.linkedin.com/pub/eloise-barber/9a/31b/638>

PERSONAL PROFILE

A highly dedicated and determined Sports and Exercise Science graduate who possesses excellent organisational skills, with the ability to effectively prioritise tasks and work accurately and effectively under pressure. Well motivated, friendly, approachable and always works to high standards. Effective communicator in a wide range of social contexts. Thrives on participating as part of a team while also possessing an excellent proven ability to work independently meeting targets and goals within specific deadlines.

PROFESSIONAL EXPERIENCE

2009-2014 Elite Athlete at Scottish Swimming and Sport and Exercise Science Student

2014-Present Active Stirling Swimming Teacher

EDUCATION

2009-2014 First class BSc (Hons) in Sport and Exercise Science, University of Stirling

- One of only 4 students to graduate with a 1st class honours degree.
- Achieved top student in the class during the final 2 years of study.
- Knowledgeable in human biology, physiology, sports medicine, health and wellbeing and psychology of exercise, physical activity and health.
- Degree extended due to a certified leave of absence granted for the 2011-2012 academic year in order to concentrate on optimising swim training to maximise performance at the British trials for the London 2012 Olympic Games.

2004-2009 Inverkeithing High School, Inverkeithing, Fife

Higher: Human Biology (A) Geography (A)
English (B) Chemistry (B)

Intermediate II Chemistry (A) English (B)

WORK EXPERIENCE

2014- Present Active Stirling Swimming Teacher

- Responsible for delivering well planned and thought through swimming lessons to children between the age of 3-12, focusing on effective delivery and execution of classes, while also ensuring the safety of each child in a hazardous environment. Liaising with the programme manager and actively assessing each child against the Scottish Swimming Learn to Swim assessment criteria.

2011-2013 Summer Work at 'Outdoor Trax'

- Responsible for taking payments and assisting in the smooth running of 'waterwalking' activities for the general public and tourists visiting the Falkirk Wheel visitor attraction.

TRANSFERABLE SKILLS & PERSONAL QUALITIES

- **Dedication-** As an elite athlete I have demonstrated complete dedication to an intense training schedule, which included ten swimming sessions along with three strength and conditioning sessions and two circuit training sessions per week which was required for optimal performance, whilst also fully committing to university studies.
- **Determination and Self-Motivation-** My participation and success in elite level sport illustrates both my determination and motivation to succeed, which I intend to transfer into my working career.
- **Time Management-** By combining elite level sport and university I have demonstrated impeccable time management skills. Attending all training sessions and competitions whilst also attending all lectures and seminars, completing assessments and meeting deadlines on time lead me to achieving a first class degree and a very successful swimming career.
- **Organisation-** I took on the responsibility of organising the University of Stirling Swim Team kit. I searched custom companies and selected the most appropriate. Liaised with the company through email and managed orders and finances. Processed the orders and distributed the kit to swimmers, coaches and support staff.
- **Leadership and Teamwork-** I provided advice and personal experience to potential University of Stirling students with aspirations to combine study and elite level swimming. This helped the University of Stirling Swim Team gain four new members in the academic years of 2012-2013 and 2013-14 and increased the success of a team which includes Olympians, Commonwealth Games medallists, and World Championship finalists.

ACHIEVEMENTS & OTHER QUALIFICATIONS

- Member of the Scottish Swimming National Development Squad 2012-2014
- Member of the SportScotland Institute of Sport 2008-2014
- University of Stirling International Sports Scholar 2009-2014.
- Former Scottish National Champion 2013 (50m Freestyle).
- Scottish National Runner-Up 2014 (50m Freestyle).
- Competed in Glasgow 2014 Commonwealth Games Trials finishing 2nd in 50m Freestyle and 3rd in 100 Freestyle.
- Scottish National Record holder in women's 4x100m Freestyle, 4x100m Medley and mixed 4x100m Medley.
- Awarded 'Half Blue' by the University of Stirling for outstanding sports performance.
- British Universities Championships (BUCS) medal winner 2010-2014.
- Competed in the 2012 British Olympic Trials finishing 10th in 200m Medley.
- Competed in the Delhi 2010 Commonwealth Games Trials finishing 2nd in 200m Medley
- Represented Scotland in the Celtic Tri-Nations Tournament in 2007 & 2012.
- Represented Great Britain at the 2008 European Junior Swimming Championships.
- Awarded the Dunfermline and West Fife Young Sports Personality of the Year 2006.
- Protection of Vulnerable Groups (PVG) scheme member.
- 'National Rescue Award for Swimming Teachers and Coaches'.
- UKCC level 2 Swim Coaching Qualification.
- Full clean UK Driving Licence.