

My name is Timothy Corcoran Jr., As a current aquatics director, with years of experience as a competitive swim coach and fitness director, I believe my knowledge and skills pertaining to creativity, staff management, safety, and organization would make me an excellent addition to the staff.

As a proud husband, father, and professional I strive to help those around me understand the importance of teamwork, meaningful relationships, and responsibility. In country club management these characteristics proved to be of great value and essential to the success of creating a relaxing, safe, and positive environment for membership and clientele.

I look forward to hearing more about the position available or any positions you think my expertise could be of help.

Best,

Timothy Corcoran Jr.

# Timothy Corcoran Jr.

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To obtain employment in Aquatics, Fitness and Wellness

Authorized to work in the US for any employer

## Work Experience

### **Aquatics Supervisor**

Westchester Country Club Beach Club - Rye, NY

April 2021 to Present

- Supervisor to a staff of 80 employees which includes lifeguards, beach attendants and lesson instructors
- Help create daily and weekly schedules for employees and aquatic events
- Conducts in-services training sessions for certified lifeguards, instructors and staff • Supervise operations for an 800,000 gallon pool, wading pool and 1000 feet of beach front • Monitor and maintain pool chemicals, safety equipment and cleanliness
- Evaluates current programs and develops new aquatic programs

### **Owner and Manager**

Life Fit LLC - Wilton, CT

September 2012 to Present

- Responsible for the recruitment, hiring, training, development, scheduling, and supervision of employees
- Manage all finances, scheduling, advertising, trainers, lesson instructors and communication
- Manage 50 personal clients, each with specialized workout regime to help attain individual fitness goals youth to senior citizens
- Run group training sessions for multiple field and aquatic athletes of all ages • Designed a three phase 36-week athlete strength training program which has helped over 100 young athletes
- Created a 65 & older fitness program that focused on mobility, stability and flexibility • Write monthly segments to membership on injury prevention and healthy living • Manage 12 pool staff employees and Summer Swim Academy serving over 100 children per summer • Created a learn-to-swim lesson program for children ages 3-8

### **Pool Director**

Rolling Hills Country Club - Wilton, CT

May 2009 to February 2014

- Supervised 20 plus employees
- Managed pool maintenance, budget and expenses, staff hiring and compensation • Created a welcoming, safe recreation area for members & staff
- Monitored safety and hygiene of the pool and pool area to the highest standards • Developed a strength programs for young golf and tennis athletes as well as a boot camp for adults • Created the clubs first stroke clinic and time trial swim team

### **Strength and Conditioning Coach**

Wilton YMCA - Wilton, CT

September 2009 to 2012

- Designed and implemented a strength program for the Wahoo National Team • Prepare athletes for state and national swimming competitions
- Achieved 2013 LC, 2013 SC and 2014 SC Men's Team YMCA National Champions • Trained 5 YMCA National Champions and 23 State record holders

### **Marlins Head Senior Team Coach**

Greenwich YMCA - Greenwich, CT

August 2007 to August 2008

- Head coach to 24 senior-level swimmers ages twelve to seventeen, including a nationally ranked athlete
- Planned and implemented training for 3 different groups (distance, sprint and stroke) • Taught stroke technique and proper form for all dry-land strength training activities • Responsible for all administrative work, communications, and team traveling • Over a dozen team records set in one season as national coach

### **Head Age Group Coach**

New Canaan YMCA - New Canaan, CT

September 2004 to August 2007

- Head coach to over 120 swimmers and supervisor to three employees
- Developed swimmers from beginner to high-level athletes competing at the state and national level • Managed all communication and administrative work, including budgets and scheduling • Multiple team records achieved during my time as head age group coach

### **Aquatics Director/Head Swim and Water Polo Coach**

Country Club of New Canaan - New Canaan, CT

September 2003 to August 2007

- Supervised 20 plus employees
- Managed maintenance, budget and expenses, staff compensation, hours and bonuses • Created a welcoming, safe recreation area for members & staff
- Monitored safety and hygiene of the pool and pool area to the highest standards • Head swim and water polo coach to 80 Athletes in FCSL Divisions 3 and 4

## Education

### **Bachelor in Psychology**

Charter Oak State College - New Britain, CT

2015 to 2019

## Skills

- Budgeting
- Sports Coaching
- Swimming
- Program Development
- Lifeguard
- Strength Coach
- Personal Training

- Fitness Director
- Aquatics Director
- Supervising Experience
- Management

## Certifications and Licenses

### **Red Cross CPR/AED**

May 2021 to May 2023

### **AFAA**

September 2009 to September 2019

### **ASCA Level 2**

### **Red Cross Waterfront Professional Rescue**

May 2021 to May 2023

## Additional Information

4 Time All-American Swimmer  
2 Time Junior National Swimming Silver Medalist  
2 Time National Age Group Swimming Champion  
Connecticut State Records in Butterfly and Individual Medley events.