

Personal Particulars

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Education Qualifications

2004-2007 **Open University Malaysia**
Bachelor of Education (Teaching of English as a Second Language)
With Honours(TESL)
1987-1989 **Teacher's Training College Rajang, Bintangor Sarawak**
Option in English Language (PSR)
1980-1984 **ST. Anthony, Sec. School, Sarikei Sarawak**
Malaysian Certificate of Education

Sports Credentials / Qualifications / Experiences

FORMAL TRAINING

TRAINING COURSES:

- **An ' A ' license Coach**
Skim Perlesenan Kejurulatihan Kebangsaan (SPKK Tahap III)
- **IAAF ACADEMIC 'CHIEF COACH'**
IAAF Chief Coach Youth Academy (with distinction)
- **IAAF REFRESHER CECS LEVEL IV SPRINTS/HURDLES**
SENIOR COACH – Event Group Specific
- **IAAF CECS LEVEL III COURSE ON SPRINTS/HURDLES**
COACH – Event Group Specific

- **IAAF CECS LEVEL II COURSE ON SPRINTS/ HURDLES**
CLUB COACH – Event - All Events
- **IAAF COACHES COURSE LEVEL I**
YOUTH COACH – Kids ' Athletics and Youth
- **SPORTS SCIENCE COURSE LEVEL I**
- **SPORTS SCIENCE COURSE LEVEL II**
- **SPORTS SCIENCE COURSE LEVEL III**

LECTURING:

- **CECS Level I (New) Lecturer Refresher Course (IAAF)**
(new syllabus for the Level I and the qualification system)
- **CECS Level II Lecturer Course (IAAF)**
(specific Coaching Course for Event Group)
- **CECS Level I Lecturer Course (IAAF)**
(Youth Coach – Kids' Athletics and Youth)
- **CECS Level I Lecturer Course (KOAM/MSN)**
(Youth Coach – Kids' Athletics and Youth)

OFFICIATING:

- **CERTIFICATION TECHNICAL OFFICER (MAF)**
(Pegawai Teknik Olahraga KOAM Gred 3)

EXPERIENCE

Present

- **Majlis Sukan Negeri Sarawak (Kuching)**
Subject: **As a PC (Projek Cemerlang) coach**
Adapted Coaching Training based on sports science to the elite and Multilateral to the young athletes.
- **IAAF Coaching Education Certificates System(CECS)**
Subject: **As a qualified Lecturer Level I and II** for
Regional Development Centre Jakarta (AADC) & IAAF

1 August 2013 – 31 July 2015

- **Sekolah Sukan Negeri Sarawak (SMK Tabuan Jaya)**
Subject: **As a Fulltime Coach (JSM)**
 - ▶ Adapted Coaching Training based on the Multilateral Programmed initiated.
 - ▶ Duties include preparation and organization of competitions venues, equipments, officials and allocation of budgets.
 - ▶ Preparing the teams to participate in National and International Levels.
 - ▶ Scouting new potential athletes to be base in the school through The Talent Identification System.

4 Jan. 2009 – 12 Dec. 2010

- **Sprints Project MSN (Miri)**
Subject: **As an Elite Coach** for the programme
- ▶ Coaching elite athletes for Sukma 2010 based on the Programmed initiated.
- ▶ Duties include preparation, organization and allocation of budgets.
- ▶ Preparing the teams to participate in National level
- ▶ Scouting new potential sprint athletes.

1 Mac. 2007 – 30 July 2008

- **SUKAN TERAS – MAJLIS SUKAN NEGARA**
Subject: **As a Head Coach for Sarawak State**
- ▶ Coaching Coaches for Core Sports programme
Programmed initiated by the Coaching Committee
- ▶ Duties include preparation, organization and allocation of budgets.
- ▶ Preparing the teams to participate in National level 'HEXATHLON COMPETITION'
- ▶ Scouting new potential athletes and forming new Centre throughout Sarawak.
- ▶ Conducting and organized Coaching Course and Sports Science to new coaches and upgrading their level.
- ▶ Working together with MSN/SAA for the athletics developments throughout Sarawak.
- ▶ Doing Administrative Duties for the Core Sports.

1 Jan. 1990 – 30 Dec. 2006

- **MSSM (National Schools Athletics Meets)**
Subject: **As a Junior Coach for Sarawak State**
- ▶ Winning the overall title in MSSM Meets.
(10 consecutive years until 2006)

FORMAL TASK

AS A COACH (2018 to 2016 only) Achievements

- **SUKMA Coach (Sprints-Hurdles) – MSN Sarawak 2018**
(4 athletes qualified and 1 got silver medal for 400mH)
- **Coach for PC /CATS Club – Sibu Open 2017**
(5 gold – 2 Silver – 3 Bronze for under 15 categories)
- **Coach for PC MSN – Sarawak Junior Under 19, 2017**
(10 athletes qualify for SUKSAR Dec)
- **Coach for SAAA - Malaysian Pre Sea Games 2017**
(1 elite athlete qualified for the games)
- **Coach for MSS Sarawak – MSSM in Penang 2017)**
(3 athletes qualify and 2 athletes have a medal)
- **SUKMA Coach (Jump Events) – MSN Sarawak 2016**
(2 athletes qualified and 1 got bronze medal for L. Jumps)
- **Coach for (CATS Club) – Sibu Open 2016**
(13 gold – 5 Silver – 3 Bronze and best overall women team)

Other Skills

- Committee Member “Exercising for Seniors” at Coaching Athletics Training School (CATS)
- As a Lecturer to the AADC Jakarta / IAAF and MAF – qualified lecturer
- Work closely with anyone and association (SAA) / state (MSN) / national (ISN)
- Good in Computer & IT Development System on Advanced Website
- As an Organizer and Competition Technical to Football Association of Sarawak (FAS) – Jawatankuasa Pertandingan Teknikal FAS / Ex- National license Referee 2000-2010
- Knowing most of the other games because involved totally as a player and official for
 - MSSM/ STATE level - (Volleyball) as a player 1983-84 / Official 1990-2000 / Coach 1990 2004
 - STATE level - (Rubgy) player 1987-95 / Official 1991-2000
 - STATE level - (Aquatic) Official 2000-2012
 - STATE level - (Football) player 1990-2012 / Official 2000-2010 / Coach- License C
 - STATE level - (Sepaktakraw) player 1980-1994 / Official 1993-2014 / Coach 1990-2000

Summary of Competencies

Extensive knowledge of ATHLETICS sports

Excellent communication and interpersonal skills

Diligent towards work

Motivated team player

Able to work independently

Willing to take up challenges

Displays excellent initiatives

Overseas working experience as lecturer (IAAF Certificates Education System)

Effectively bilingual in English and Bahasa Malaysia/Indonesia

Willing to travel

Skills & Abilities

Dartfish Analysis Software Program

Microsoft Office Programs

References

*DR. RIA LUMINTUARSO (Director, IAAF RDC, Jakarta) Contact: rdcikt@rad.net.id

*DR. G. BALASEKARAN (Associate Professor, NIE, NTU, Singapore) Contact:
govindasamy.b@nie.edu.sg

*Mr. GUNTER LANGE (IAAF Headquarters, Monaco) Contact: gunter.lange@iaaf.org