

ROSELYN J. HAMERO

IAAF ACADEMY COACH – Chief Coach
IAAF NEW LEVEL I - Lecturer



WORKING EXPERIENCES

- Head Coach (Women)** : **Far Eastern University**
Sampaloc, Manila
March 1, 2006 – present
- Strength and Conditioning Head Coach/Manager** : **Far Eastern University Strength and Conditioning Center**
Sampaloc, Manila
June 16, 2014 – present
- Head Coach** : **Philippine Cultural College**
Manila and Caloocan City
May 1, 2010 – present
- Coach/Trainer** : **Provincial Government of Abra**
DepEd Abra – Cordillera Administrative Region Athletic Ass.
December 1, 2018 – February 28, 2019
November 1, 2017 – February 8, 2018
- Head Coach (for Women)** : **Philippine Sports Commission**
Philippine Amateur Track and Field Association
Malate, Manila
June 2008 – 2014
- Enlisted Personnel** : **Philippine Air Force**
Villamor Air Base
November 16, 2002 – November 15, 2011
- Head Consultant (Track and Field Men)** : **DLS – College of Saint Benilde**
Vito Cruz, Taft Avenue
January 1, 2004 – April 2010
- Assistant Coach** : **Philippine Sports Commission**
Philippine Amateur Track and Field Association
Malate, Manila
January 2006 – May 2008
- Trainer** : **Pasay City Team (Athletics)**
January 2007 – February 2007
- Asst. Coach (Men)** : **DLSU – College of Saint Benilde**
Vito Cruz, Taft Avenue
January 1, 2003 – December 31, 2004
- Asst. Coach (Women)** : **Far Eastern University**
Sampaloc, Manila
April 1, 2003 – February 28, 2006
- Trainer** : **Parañaque Team (Athletics)**
November 2005 – March 2006
- Sports Consultant** : **Immaculate Heart of Mary School**
June 2004 – March 2005

EDUCATIONAL ATTAINMENT

Post Graduate SY 2015-2016, Completed	: Teachers Certification Program FAR EASTERN UNIVERSITY N. Reyes St., Sampaloc, Manila
College 1996 – 2003, Graduate	: BACHELOR OF SCIENCE IN COMMERCE - Major in Management FAR EASTERN UNIVERSITY N. Reyes St., Sampaloc, Manila
Secondary 1992 – 1996, Graduate	: HIGH SCHOOL DIPLOMA IMMACULATE HEART OF MARY SCHOOL Pacita II-A, Guevarra St. San Pedro, Laguna
Grade School 1986 – 1992, Graduate	: SAN PEDRO CENTRAL ELEMENTARY SCHOOL San Pedro, Laguna

CERTIFICATE COURSE

30-HOURS ENGLISH PROGRAM (ADVANCED-LEVEL) De La Salle University, Taft Ave., Manila	April 11, 2012
BASIC CONVERSATION WITH GRAMMAR De La Salle University, Manila	March 7 – 25, 2011
BASIC ENTREPRENEURSHIP COURSE Enrique Razon Bldg., De La Salle University, Taft Ave., Manila	Feb. 3 – Mar. 26, 2012

LECTURING EXPERIENCE

Lecturer	: IAAF CECS Level I Course, Trivandrum, India April 1 -12, 2019
Lecturer	: IAAF CECS Level I Course, Trivandrum, India February 15 - 26, 2019
Lecturer	: Coaching Seminar Phil. Air Force Gymnasium, Pasay City, Philippines March 21, 2019
Lecturer	: IAAF CECS Level I Course, Pasig City, Philippines November 14 – 25, 2018
Resource Speaker	: 2018 National Training in Sports Coaching (Developmental) Deped, Puerto Princesa, Palawan October 22 – 26, 2018
Lecturer	: IAAF CECS Level I Course, Gwalior, India September 10 - 21, 2018
Lecturer	: Physical Fitness Conditioning Seminar Phil. Air Force Gymnasium, Pasay City, Philippines June 7, 2018
Resource Speaker	: Philippine Sports Commission – Phil. Sports Institute Grassroots Coaching Education, Virac, Catanduanes April 24 -26, 2018

Resource Speaker	:	Sports Organization: Planning and Organizing a Fundraising Running Event, Far Eastern University, Manila March 16, 2018
Resource Speaker	:	Philippine Sports Commission – Phil. Sports Institute Grassroots Coaching Education, Malolos, Bulacan September 9 - 13, 2017
Resource Speaker	:	Philippine Sports Commission – Phil. Sports Institute Grassroots Coaching Education, Tabuk City, Kalinga September 5- 9, 2017
Resource Speaker	:	Philippine Sports Commission – Phil. Sports Institute Grassroots Coaching Education, Bangued, Abra August 31- September 5, 2017
Resource Speaker	:	Philippine Sports Commission – Phil. Sports Institute Grassroots Coaching Education, Caoayan, Ilocos Sur August 27- 31, 2017
Resource Speaker	:	21st CARAGA Regional Athletic Meet (CRAM) Refresher Course On Coaching, Barobo, Surigao del Sur August 24-26, 2017
Lecturer	:	IAAF CECS Level I Course, Penang, Malaysia December 12 – 23, 2016
Lecturer	:	IAAF CECS Level I Course, Pasig City, Philippines December 12 – 23, 2016
Resource Speaker	:	Coaches Course Level II Training, Pototan, Iloilo October 7 – 9, 2016
Resource Speaker	:	PSC-NSA Sports Clinic, Cauayan Isabela April 26 – 28, 2016
Resource Speaker	:	Run Clinic 2013 (JEC Philippines)-Engineering Company 10 Sessions, 2013
Resource Speaker	:	Tagum City, Davao Del Norte October 25 – 28, 2012
Resource Speaker	:	Aklan Province April 2012
Resource Speaker	:	Coron, Palawan April 13 – 15, 2009

SEMINARS / TRAINING ATTENDED (INTERNATIONAL)

IAAF CECS NEW LEVEL I LECTURERS COURSE Yogyakarta, Indonesia	May 16-22, 2016
IAAF ADMINISTRATION ORGANIZATION FOR WOMEN Jakarta, Indonesia	June 16-19, 2014
IAAF CECS LEVEL II LECTURERS COURSE	November 10-17, 2013

Jakarta, Indonesia

IAAF KIDS ATHLETICS March 25-27, 2013
Philsports Complex, Pasig City

EDUCATION AND CERTIFICATION TO THE WORLD ANTI-DOPING CODE February 28, 2010
Manila, Philippines (Online Education and Certification)

IAAF LEVEL V ACADEMY COURSE FOR CHIEF COACH December 4 - 15, 2009
Singapore

ASSOCIATION OF ASIAN ATHLETICS COACHES July 18, 2006
SELECTION OF ATHLETES AND THE PREPARATION TO MAJOR EVENTS
Macau, China

IAAF LEVEL II COACHING COURSE (LEVEL II EQUIVALENT TO LEVEL IV) April 18 - 30, 2005
Jakarta, Indonesia

IAAF LEVEL 1 COACHING COURSE (LEVEL I EQUIVALENT TO LEVEL II) MAY 5 – 18, 2003
Manila, Philippines

IAAF TRAINING CAMP FOR WOMEN HAMMER THROW MAY 14 – 23, 2001
Jakarta, Indonesia

VICTORIA INSTITUTE OF SPORTS - TRAINING May 06 – July 15, 1999
Melbourne, Australia

WEIHAI TRAINING BASE - TRAINING July 12 - October 06, 1997
Weihai, China

SEMINARS / TRAINING ATTENDED (LOCAL/NATIONAL)

SERIES 2 SPORTS SCIENCE SEMINAR (TRAINING THE FEMALE ATHLETE) July 26, 2013
Philsports Complex, Pasig City

SERIES 2 SPORTS SCIENCE SEMINAR July 24-25, 2013
Philsports Complex, Pasig City

SERIES 1 SPORTS SCIENCE SEMINAR ON PHYSICAL CONDITIONING February 5-8, 2013
Philsports Complex, Pasig City

SURVEY-STUDY FOR COACHES EDUCATION PROGRAM August 16, 2012
(Heart Rate of an Athlete: A Review of its importance and new ways of monitoring it)
PSC Badminton Court, Rizal Memorial Sports Complex, Manila

SEMINAR ON PROPER ETIQUETTE February 18, 2012
De La Salle University, Taft Ave., Manila

LEVEL 1, 2 AND 3 ATHLETIC PERFORMANCE SERIES May 30 - July 8, 2011
Philsports Complex, Pasig City

APEX LEVEL I SPEED, AGILITY, POWER AND LIFTING WORKSHOP May 16 - 17, 2011
Philsports Complex, Pasig City

PCS-PCSM ELITE CAMP April 17, 2010
Ninoy Aquino Stadium, RMSC, Malate, Manila

COACHING FROM A LASALLIAN PERSPECTIVE: A Tradition of Innovation and Excellence. Taft Avenue, Manila, Philippines	February 10, 2009
ENHANCING ATHLETE'S VISION FOR OPTIMAL SPORTS PERFORMANCE Mandaluyong, Philippines	September 23, 2008
NATIONAL RED CROSS, BASIC LIFE SUPPORT (CPR TRAINING FOR LAY RESCUERS)	June 8, 2009
NATIONAL RED CROSS, FIRST AID (TAILORED COURSE) ULTRA, Pasig City, Philippines	June 1-2, 2007
PHILIPPINE SPORTS COMMISSION, ELITE COACHES' ADVANCEMENT PROGRAM IN-DEPTH SKILLS ENHANCEMENT (ISE)	May 21 – July, 2007
PHILIPPINE SPORTS COMMISSION, ELITE COACHES' ADVANCEMENT PROGRAM, INTENSIVE COACHING EDUCATION (ICE) ULTRA, Pasig City, Philippines	Sept. 5–October 13, 2006
2ND FORUM ON SPORTS AND FITNESS: ONE MORE TIME! Club Filipino, Manila, Philippines	August 30, 2003
PHILIPPINE TRACK AND FIELD TEAM MEMBER (National Team) - TRAINING Vito Cruz, Manila	1996 – 2004

OFFICIATING/ORGANIZING EXPERIENCES

Race Director	:	3rd Maynilad Media Run ASEANA City, Paranaque City, March 30, 2019
Tournament Director	:	Las Piñas KALIPI Family Day Pilar Sports Complex, Las Piñas City, Nov. 25, 2018
Tournament Director	:	Las Piñas Senior Citizen Sportsfest Pilar Sports Complex, Las Piñas City, October 2018
Tournament Director	:	Las Piñas PWD's Sportsfest Pilar Sports Complex, Las Piñas City, July 2018
Race Director	:	Maynilad Media Run La Mesa Dam, January 27, 2018
Tournament Director	:	Las Piñas Senior Citizen Sportsfest LP National Science High School, Las Piñas City, October 14, 2017
Tournament Director	:	Las Piñas PWD's Sportsfest LP National Science High School, Las Piñas City, July 15, 2017
Tournament Director	:	Las Piñas KALIPI Volleyball Tournament Pilar Sports Complex, Las Piñas City, Mar. 27-31, 2017
Race Director	:	Maynilad Media Run La Mesa Dam, January 14, 2017
Deputy	:	2017 FedRun Mall of Asia, Pasay City, February 12, 2017

Race Director : **Maynilad Health Run**
La Mesa Dam, May 14, 2016

Race Director : **OPM Run**
Academic Oval UP Diliman, July 19, 2015

Tournament Director : **2014 GINHAWA GAMES (Maynilad Water Company)**
Marikina Sports Complex, September 27, 2014

Race Director : **Maynilad Health Run**
La Mesa Dam, May 10, 2014

Results Encoder/Secretariat (Mindanao) : **Batang Pinoy (NCR Leg, Northern Luzon Leg, Northern Mindanao)**
Athletics Marikina City/Pangasinan Prov./ Dapitan City Zamboanga)
September/October 9-11/Nov. 7-8, 2012

Tournament Director : **2012 GINHAWA GAMES (Maynilad Water Company)**
University of Makati, September 1, 2012

Race Committee : **2012 PATAFA ROAD RACE GRAND PRIX**
Manila, Philippines

Head Recorder / Encoder (Athletics) : **PSC-PHILSPADA National Games 2012 (Philippines)**
February 3-5, 2012

Race Director : **PCC Run (Philippine Cultural College)**
Mall of Asia, November 27, 2011

Tournament Director : **GOV. E.R. BATANG LAGUNA 2011**
Laguna RECS Complex, October 22, 2011

Head Marshall (Finish Line) : **VISION in MOTION 2011 (Ideal Vision)**
Mall of Asia, July 3, 2011

Head Marshall (Finish Line) : **CSA FAMILY RUN (Colegio San Agustin-Makati)**
Mall of Asia, February 12, 2011

Head Recorder / Encoder (Athletics) : **3rd PARAGAMES (Philippines)**
December 2005

Head Recorder / Encoder (Athletics) : **XXIII SEAGAMES (Philippines)**
November 27 – December 5, 2000

PERSONAL INFORMATION

Address : 724 D Mplace Condominium, Panay Avenue, South Triangle, Q.C.

Contact Number : Mobile No. +639228971305, +639260537312, +639989737876

Birthday : July 2, 1979

Age : 39 years old

Gender : Female

Civil Status : Single

Religion : Catholic

Father : Apolinario Hamero

Mother : Roselita Hamero

CHARACTER REFERENCES

MR. GO TENG KOK

Former President, Philippine Amateur Track and Field Association
Tel No. +6325252854/5221415

MR. MARK OLIVER MOLINA

Sports Director, Far Eastern University
Tel No. +6327350233

MS. JOSIE DE LEON

Gym Manager, Far Eastern University
Tel No. +6327350233

MR. JOUNAH ELEGORES

Sports Director, Philippine Cultural College
Tel No. +6329438301001

This is to certify that the above information's are true and correct to the best of my knowledge and belief.


ROSELYN J. HAMERO