



RYAN STROTHEIDE

OBJECTIVE

To become an athlete representative on the Potomac Valley Swimming Board of Directors. I would like to use my many years of experience as a member of the NCAP Swim Team to be a voice for swimmers of Potomac Valley as well as learn the operational duties of a large swim organization.

EXPERIENCE

Nation's Capital Swim Club, West

Spring 2015-Present

- Current Member of Silver Training Group, Freedom Center, Coach Mark Faherty

Volunteer Coaching Assistant for NCAP Developmental Swim Program | Fall/ Winter 2019

- Assisted Coach Nicole Linn
- Worked with young swimmers to reinforce the instruction of Coach Nicole

Piedmont Tsunamis Swim Team, Haymarket, VA 20169

Summer 2009-Present

Coach for the Piedmont Tsunamis Indoor Swim Program | Fall 2019

- Worked with all age groups to improve stroke technique
- Demonstrated proper underwater techniques

Coach in Training for the Piedmont Tsunamis | Summer 2019

- Helped younger swimmers become legal in all four strokes
- Assisted Coach Jay Thorpe

Volunteer Tsunamis Swim Coach | Summer 2018

- Provided basic instruction for stroke development.
- Assisted coaches in improving diving skills
- Worked with swimmers to develop flip turns and open turns specific to a certain stroke

Associate at Baskin Robbins Ice Cream Shop, Haymarket VA

Spring 2019-Present

Quantico Devil Dolphins (QDD)

September 2012-May 2015

Curl Burke Swim Club

September 2010-July 2012

EDUCATION

- Battlefield High School, Haymarket, VA 20169 - Rising Junior/Class of 2022
- 3.9 GPA
- Enrolled in Spanish 3
- Enrolled in IT program which includes Dual Enrollment courses with Northern Virginia Community College
- Enrolled in Pre-AP Chemistry
- Enrolled in Pre-AP English

AWARDS AND ACKNOWLEDGEMENTS

- CPR/Basic First Aid/AED Certified from Battlefield High School Physical Education Course
- Member of Battlefield High School District, Regional, and State Swim Teams
- Received my Varsity Letter from Battlefield High School for Swimming
- Qualified for Speedo Sectionals Swim Meet (March 2020) for Potomac Valley Swimming
- Awarded PVS Scholar Athlete 2018-2019
- Finalist at Eastern Zone Swim Meet (April 2019) for Potomac Valley Swimming
- Piedmont Tsunamis boys 13-14 age group Coach's Award Summer 2018
- Honor Roll from 2012-Present
- Member of Battlefield High School Key Club volunteer organization
- Member of National Junior Honor Society
- President's Volunteer Service Award
- President's Education Awards Program for outstanding academic excellence
- Arrow of Light in Boy Scouts

REFERENCES

Jay Thorpe, Battlefield High School and Piedmont Tsunami Head Coach (703-537-9555, swimogre@msn.com)

Amy Hogan, Manager at Baskin Robbins (703-398-8184)

Mark Faherty (703-861-9089, fahertyswim@gmail.com)