****D/O/B 5th Feb 1992  
120 Rockfield Court  
Dundalk  
Co. Louth  
Phone: 086 724 9117  
[ChrisGleesonFlood@Hotmail.Com](mailto:ChrisGleesonFlood@Hotmail.Com)

**Personal Profile**Perceptive, highly motivated individual who is always pushing to be better.  
Articulate man who is also nimble & quick-thinking when needed.  
Very focused, energetic & creative person.  
  
**Education & Training**

Exercise, Health Studies & Personal Training. National Training Centre, Dublin. 2013 – Present  
(College course completed, Exams in July)  
Leaving Certificate, O’Fiaich College 2011  
Junior Culinary Arts Course, D.I.T – 2011  
Junior Certificate, O’Fiaich College - 2009

**Career History**

**Gym Instructing Experience**  
**The Gym Dundalk - Present**

* Helping Clients gain & maintain a healthy lifestyle
* Helping clients achieve their fitness goals
* Ensuring everyone is training safely  
    
  **Night Club Floor Staff**

**Ridleys Nightclub from August 2011 – December 2011  
 The Office Nightclub from April 2012 – September 2012**

* Collected glasses & ensured the building was clean
* Made sure the bars were constantly stocked with drink and ice
* Collected glasses & other floor staff duties

**Car Valet  
Rock Cabs 2008 – 2010**

* Made sure all cars & busses were spotless before they left the base
* Valeted cars which were left in by customers
* Ensured the garage was always clean & tidy

**Personal Interest & Achievements**

* Bodybuilding & all other types of resistance training
* Has a keen interest in all Male & Female fashion
* Sketching new Male & Female clothing ideas
* Roman & Greek history
* Reading & Writing
* Mixed Martial Arts
* Health & nutrition
* Soccer Coaching at under 10, 12 & 14 School Boy League level – Present
* Was invited to & attended 3 day coaches training camp with the u16 Irish soccer team

Currently holds 3 FAI coaching badges which include

* FAI Kickstart 1 soccer coaching badge
* FAI Kickstart 2 soccer coaching badge
* FAI small sided games workshop soccer coaching badge

**Referee**

Mary Woods

Phone Number: 087 775 9901