

the coaches

Allan Reid (Head Coach + Team Manager)

BSc (Hons) Health and Fitness

FDSO Management and Sport & Exercise Sciences

Level 1 & 2 Endurance Coach UK Athletics

C.I.A Children in Athletics

Level 1 & 2 swimming teacher (currently working towards level 3)

Team Manager Swimming (ASA)

Level 1 & 2 modules Surf Life Saving

UK Sport Injury Prevention

UK Sport Coaching disabled performers

UK Sport Good working practice & working with children

YMCA Gym Instructor

RLSS Pool Lifeguard

NARs Beach Lifeguard

Lifeguard First Responder

Insure Rescue Boat Crew and Driver Award

Level 1 British Triathlon Coach

CRB Checked:

ASA , UK Athletics, Cornwall's County Council, RNLI.

Michelle Reid (Assistant Coach)

Level 1 & 2 Swimming Teacher

Level 1 ASA Swimming Disability Teacher

UK Athletics Level 1 & 2 Endurance Coach

C.I.A Children in Athletics

UK Sport Good working practice & working with children

CRB Checked:

Surf Life Saving, Cornwall County Council, ASA.

Melissa Reid (Tri Coach)

UK Sport Good working practice & working with children

ASA Level 1 Swimming Teacher

Level 1 British Triathlon Coach

Junior Sports Leader Award

Community Sports Leader Award

RLSS Pool Lifeguard

NARs Beach Lifeguard

Jenna Lord (Nipper Captain)

NARs Beach Lifeguard

Lifeguard First Responder

CRB Checked:

RNLI

Matthew Stone (President)

NARs Beach Lifeguard

Lifeguard First Responder

Insure Rescue Boat Crew and Driver Award

CRB Checked:

Safety Centre, RNLI.

Tom James (Captain)

NARs Beach Lifeguard