

M. Teresa Frias

Contact

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Kenny Brisbin – Long Beach
Grunions Coach
USMS Vice President of
Community Services
Southern Pacific Masters
Swimming Chair

Dear Kenny Brisbin,

I am excited to apply for the Top 10 Recorder position with Southern Pacific Masters Swimming. With over 30 years of coaching experience and a recent rekindling of my love for swimming as a means of fitness, socialization, and competition, I am eager to contribute my skills in record keeping and historical data analysis to this organization.

My extensive background in coaching has honed my attention to detail and commitment to accurate record keeping. I am skilled in Hytek Team Manager and Excel, allowing me to efficiently manage and analyze data. For the past 25 years, I have maintained records of the top 16 times in each of the 11 individual events and 3 relay events for both Junior Varsity and Varsity teams. These records date back to 1959 and continue to the present.

Since returning to the sport, I recognize the value of community and the importance of timely and accurate reporting. I flourish in collaborative environments and communicate effectively with coaches, meet management, and participants, ensuring that all stakeholders are represented equally. My strong time management skills and goal-oriented approach help me meet deadlines while prioritizing the integrity of records for posterity.

I am passionate about contributing to Southern Pacific Masters Swimming and supporting its mission of promoting health and fitness, as I have witnessed and been positively impacted through my experiences within the organization.

I look forward to the opportunity to discuss how my experience and renewed enthusiasm for the sport can benefit the teams in Southern Pacific Masters Swimming and beyond.

Thank you for considering my application.


Respectfully,


M. Teresa Frias

M. TERESA FRIAS

ACADEMIC COUNSELOR & SWIM COACH

CONTACT

 323-775-7131

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EDUCATION

FRESNO PACIFIC UNIVERSTIY

2018-2019

Master of Arts – Kinesiology and Exercise Science

CALIFORNIA LUTHERAN

UNIVERSITY

2008-2010

Master of Science – Student Counseling and Pupil Personnel Services

SALEM INTERNATIONAL

UNIVERSITY

1996-1999

Bachelor of Science – Physical Education

PROFILE

B.S and M.A. in Kinesiology and Exercise Science, experience teaching physical education in a comprehensive high school (Secondary Education) setting for 20+ years.

Expertise in aquatics - Swim coach with 30+years of experience; began work with swim lesson programs, age group development, community college and masters swimming programs. Special interest and most experience working with high school swimmers. Able to work with all levels of swimmers, from teaching non swimmers to become proficient in the four competitive strokes to developing training programs to challenge experienced, elite level swimmers.

Guidance Counselor with 15+ years working in secondary education within a comprehensive high school setting. Skilled in Event Planning, Microsoft Excel, Customer Service, Microsoft Word. Personal skills include individual and group counseling, parent outreach and communications, academic advising, college preparation and post high school career planning. Strong community and social services professional with a Master of Science (MS) focused in Student Counseling and Pupil Personnel Services from California Lutheran University.

SKILLS

- DATA ENTRY WITH EXCEL
- HYTEK TEAM MANAGER
- ATTENTION TO DETAIL
- RECORD KEEPING - HS
- TOP 16 TIMES RECORDING IN RELAY AND INDIVIDUAL EVENTS JV & VARSITY (1959 – 2023)
- DEVELOPMENT OF PRACTICES - HS, AGE GROUP AND MASTERS
- CREATION OF LINE UPS FOR DUAL MEET COMPETITION
- TIME TRIALS ORGANIZATION & CATEGORIZATION
- SORTING & FILTERING SWIMMERS BY TIMES, AGE GROUP, DIVISION, EVENT & SPEED
- RECORD KEEPING FOR HISTORICAL CONTEXT
- UNDERSTAND THE IMPORTANCE OF DEADLINES, TIMELINESS, ACCURACY AND COMMUNICATION

EXPERIENCE

COACHING

2023 – PRESENT – CCAT PRE SENIOR AGE GROUP COACH

2020 – PRESENT- SOUTHERN CALIFORNIA AQUATICS – MASTERS SUBSITUTE COACH

2021 – 2024 GOLDEN ROAD AQUATICS – MASTERS SUBSITUTE COACH

2000 - 2023 G. CLEVELAND HIGH SCHOOL – BOYS & GIRLS VARSITY & JV SWIM COACH (80+ SWIMMERS)

1992 – 1996 W. H. TAFT HIGH SCHOOL – BOYS & GIRLS VARSITY SWIM COACH

1991 – 1995 PIERCE COLLEGE – MENS & WOMENS ASSISTANT COACH

TEACHING

2000 – 2024 G. CLEVELAND HIGH SCHOOL – PHYSICAL EDUCATION TEACHER

COUNSELING

2009 – PRESENT G. CLEVELAND HIGH SCHOOL – ACADEMIC COUNELOR