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## PERSONAL OBJECTIVE

To assist clients in meeting their fitness and wellness goals, whilst providing services that are fun and safe.

# BEN COLGAN

## EHP POSITION

- Sport & Recreation Trainer/Assistant - Part Time (Casual)

## EDUCATION

### Exercise/Fitness/Sport (Completed)

- School Certificate (Yr 10 – ACT) – Specialisations: Exercise Science, Physical Education and SEAL Program (Sporting Excellence Program).
- Higher School Certificate (Yr 12 - ACT) – Specialisations: Sports Coaching, Exercise Science, Sport & Recreation, Physical Education, Sports Studies.
- Certificate II in Sport & Recreation
- Certificate III in Sport & Recreation

### Exercise/Fitness/Sport (Currently Studying)

- Certificate III in Sports Coaching (Expected Completion 2021)

## CERTIFICATIONS

- AFL Coaching
- Cricket Coaching

## ACHIEVEMENTS

- 2016 Southern Vales Christian College - Sports Student of the Year
- 2017 Lyneham High - Sports Boy of the Year
- 2017 Australian National University - High School Sports Boy of the Year
- 2018 Gungahlin College (HSC/Yr 12) - Sporting Excellence Award
- 2018 Dickson College (HSC/Yr 12) - Sporting Excellence Award