CV

Paul Shrubb

July 1 2019

Birth Place

Kent, UK

Education

Secondary School Saltus Grammar School

College Seneca College of Applied Arts and Technology – Computer Science

Career change 2005 - Sports Coaching and Nutrition

Certifications

2005 Teaching Professional - European Golf Teachers Federation, Falkirk, Scotland

2007 National Coaching Certificates – Competition, Designing a Basic Sport Program; Basic Mental Skills - Coaching Association of Canada. Sponsored by the Department of Youth, Sports & Recreation

2009 Certified Squash Instructor – Coaching Association of Canada.

2018 Natural Health Consultant – Specializing in Naturopathic Nutrition – School of Modern Naturopathy, London, UK

2019 Group Fitness Instructor - National Academy of Sports Medicine (NASM)

2019 G.E.A.R. – Indoor Cycling Instructor - Athletics & Fitness Association of America

Coaching

 2005-2018 Golf Instruction (all skill levels) – Ocean View Golf Club

 2009-2014 Squash Instruction – Coral Beach & Tennis Club

 Coach to BSRA Junior Squad members

 lessons to participants at all skill levels

 2018- Natural Health Consultant (private consulting)

Affiliations

 Coral Beach & Tennis Club

 Bermuda Bicycle Association

 Bermuda Squash Racquets Association

 Ocean View Golf Club

 Bermuda Golf Association

Sports Activities

1990 – 2010 Cycle racing (BBA)

1985 – 2000 Golf tournament play (BGA)

 2003 – 2010 Squash tournament play (BSRA)

Current Social participation