

Gareth Brown

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Location: Colorado Springs, USA

PERSONAL PROFILE

I have been coaching high performance Olympic athletes for 8 years and have been working as a high-performance coach with World class athletes for 10 years. My roles and responsibilities have progressed from developing athletes in a world class junior pathway development system in the UK, transitioning Olympic podium potential athletes, and coaching current Olympic/world medallists for Team GB, to coaching Olympic and World class medals for USA Taekwondo.

Within this role I have delivered numerous training methodology and coach development seminars around the world and developed a structured Olympic taekwondo education program to both world class athletes and coaches.

PROFESSIONAL EXPERIENCE

- **Head Coach USA Taekwondo** – January 2018 to present day
- Coached Olympic Gold medal, female -57kgs- Tokyo 2020/2021
- Received “Order of Ikko” Team USA coach award for producing Olympic Gold- 2021
- Launched USA Olympic Taekwondo coach/athlete online university programs- 2020
- Team USA Olympic coach of the year nomination- 2020
- Coached WT Grand prix and Grand prix final medals- 2019
- Coached Pan Am Games multiple Gold medals- 2019
- Coached Pan Am Games medals- 2019
- Launched USA Resident athlete program, full time professional program- October 2019
- Coached World Taekwondo Grand slam final Wuxi, USA Silver medal, 2018
- Coached Pan Am Championships, USA Gold, Silver, and bronze medals, 2018
- Launched USA Taekwondo development camps, with goal to set up full time USA Taekwondo centre of excellence.
- High Performance Coach GB Taekwondo and Team GB - March 2011 - January 2018
- Coached at 2016 Rio Olympic games, GB best medal results, GOLD, SILVER and Bronze
- Coached Olympic medal winning athletes daily 2011-current day (10 years)
- Coached World Taekwondo GRAND PRIX events 2013 – present day
- Coached GOLD medal at the European Games, GB, 2015
- Coached bronze medal, European championships, GB, 2014
- Coached 2 Junior World GOLD medals, GB Taekwondo, 2014
- Coached 3 Junior World Bronze medals, GB Taekwondo, 2012 and 2014
- Coached Junior European GOLD medal, GB, 2013
- Coached 2 Junior European Bronze medals, GB, 2011 and 2013
- Working within a high performing, innovative, world leading Olympic Taekwondo programme at GB Taekwondo for 6 years.
- Managing high performing athletes, lifestyles, weight management, goals and expectations
- Setting achievable individual athlete goals
- Reviewing athlete’s performance and reassessing goals
- Building close working relationships with support services, Psychologists, Lifestyle support, Physiotherapists, Strength and conditioning coaches, other high performance Taekwondo coaches, Performance directors and other members of Performance management teams
- Develop new and innovative ways to challenge high performing athletes
- Working through 3.5 years of UK Sport coach development programs, with a coach Mentor from UK sport for 2 years
- Developing and applying effective reflective practices

Head coach, British Taekwondo South (UK Taekwondo club)

Self Employed, Southampton

March 2009 - March 2011

- Developed a Taekwondo sports team, produced national and international successful performers, produced athletes that entered the national GB academy
- Produced/Coached multiple Junior European championship medallists
- Produced Multiple G1 Medallists at Jnr level
- Managed Team travelling and competing abroad, athletes aged 10-20 years old
- Developed individual development targets
- Developed technical, tactical performance targets
- Built a Team
- Managed parent's expectations
- Managed parents in and around the competition and training environments
- Managed young athlete's expectations, supported young athletes to achieving their own goal

EDUCATION

September 1996-16th December 1999 **Southampton City College**

- **NVQ Catering and Hospitality level 2 food preparation and cooking**
- **NVQ Catering and Hospitality level 2 serving food and drink**
- **NVQ Catering and Hospitality level 3 Kitchen and Larder work**

- Modules:
 - Kitchen skills
 - Larder skills
 - Health and safety
 - Communication
 - French Language
 - Application of number
 - Information technology

September 1995-July 1996

Brockenhurst College

- **BTEC FIRST DIPLOMA in ENGINEERING**
- Modules:
 - Managing and developing self
 - Working with and relating to others
 - Communicating
 - Managing tasks and solving problems
 - Mathematics
 - Science
 - Vocational assignments
 - Engineering fundamentals
 - Information Technology studies
 - Engineering drawing
 - Instrumentation and process measurements

September 1990-July 1995 **The Grange comprehensive school, Bournemouth**
GCSEs: English, English Literature, Science's, Math, P.E, Art, Geography, Religious education.

ACHIEVEMENTS, OTHER QUALIFICATIONS AND SKILLS

- **Received Order of Ikko, Olympic Gold medal coaching award 2021**
- Enrolled and graduate from UK sport (**National government funded body for sport in the UK**) 2year Elite coach development programme, learning alongside high performance/Olympic and Paralympic coaches from other sports. Developed questioning, further questioning and listening skills. Developed an understanding of where my values conflict under different pressures, and how to communicate effectively with different types of learners. This course is used by GB to develop Team GB Olympic coaches.
- Enrolled and graduate from UK sport 1 year inspire/aspire coach development programme, exploring how I work best, where I can develop further and how I can do that. This course is used an entry level to the Elite coach development programme.
- Junior World Championships 2014, Gold medal coaching award
- Coached/Trained Great Britain world class medallists 2002 – present day (19 years)
- Great Britain national team athlete/representative 1996-2003, competing at numerous World and European championships.
- Trained Taekwondo 1985-2005

OTHER INTERESTS

Enjoy spending time with my family, Mountain bike riding, travelling to new places around the eating good food and working out in the gym.

REFERENCES

Available on request