

Kevin M. Danahy

**Address:
5 Southwood Shore
Rehoboth Beach, DE
USA**



Website:

www.Teamtricoach.com
www.KevinDanahy.com

Email:

KevinDanahy@aol.com
Cell: (302) 448-5238

Work History

Triathlon Coach/Owner, TriCoach

Rehoboth, DE (2007 - present)

I own and operate a multi-sport coaching service that helps clients improve their physical and mental fitness in regards to endurance sports. I designs individualized training programs for all levels of endurance athletes; running, cycling, swimming, and triathlon. I conduct annual training camps and monthly clinics for individuals as well as groups sessions. I also conduct and monitor one on one training sessions for my athletes as well as group training sessions open to the community. I manage the companies accounting and marketing needs while also designing and regularly update the TriCoach website.

Triathlon Coach/Head Coach, Team Challenge

Philadelphia, PA (2014 - present)

I am the Head Coach of the Team Challenge, Crohn's & Colitis Foundation (Philadelphia Chapter). Team Challenge is a non-profit organization that raises awareness and money for Crohn's and Colitis Foundation. As Head Coach I coordinate and conduct weekly group training session for team athletes; send out weekly training plans and work with each individual athlete in their journey to completing the designated team race.

Professional Triathlete, USA

Rehoboth, DE (2001 -2007)

While competing all over the world representing the United States & the governing body of USA Triathlon, I have been on 7 USA national teams & I have been ranked #1 in the world according to ITU duathlon. My career high lights: 2003 USA National Champion, ITU World Cup Champion, & 2005 Ironman Champion.

Fitness Coach/Instructor; Cycling & Swimming, YMCA

Rehoboth, DE (2009 - present)

I conduct a weekly turbo training class for YMCA members. The class is an advance 90 minute session that incorporates both cycling and running into the workout. I am also Head Coach of the Masters swim program at the Sussex County YMCA. As coach I implement a two month training plan for the class. I also monitor and adjust individual swim strokes with drills as well as demonstration of proper form.

Vice President Operation; Co/Owner, Aerofit LLC

Rehoboth, DE (2010 - 2012)

Aerofit LLC was a startup company designed to bring all cyclist and triathletes the ability to find their optimal position on the bike. Aerodynamics is a major factor in finding a cyclist optimal position; Aerofit was able to bring that component to the athlete. Aerofit was the only multi-sport specific mobile wind tunnel in the world. We could bring the wind tunnel to the athlete or racing events; used for advanced bike fittings and frontal profile fits. As V.P. of Operations I was in charge of fitting and customer service.

Fitness Director, Ocean Atlantic & Associates

Rehoboth, DE (2005 - 2008)

I conducted community research in the area of health and fitness while developing new concepts to implement into community fitness facilities. Creating and maintaining a positive public relationship with the community. I analyzed, and conducted presentation to local government, and independent investors. I also researched case studies involving county demographics, as well as, current needs, and future trends.

Operational Supervisor, Ace Management

San Diego, CA (2004 - 2005)

While in the management division of Ace, I supervised over 60 employees in the parking & valet service at the Manchester Grand Hyatt in downtown San Diego. I worked with payroll, revenue, scheduling, and customer service; while parking up to 1,000 cars daily. I gained valuable experience in how to manage a large team of employees while dealing with and resolving daily customer service issues.

Triathlon Coach, San Diego X Training

San Diego, CA (2002 - 2005)

I worked with a multi-sport coaching service that designed training programs for all levels of endurance athletes. I conducted group workouts, training camps, and Individual training sessions.

Head Coach Track & Field, Tattnall H.S.

Wilmington, DE (1999 - 2000)

After graduating from the University of Delaware I worked as Head Coach of the varsity track and field program at Tattnall H.S.; a private school in Wilmington DE. My duties included managing the team's financial expenses, organizing meets, conducting team practices and supervising assistant coaches. I was also the varsity Head Coach of the Tattnall High School swimming program in the winter of 2000.

Cardiac Fitness Coach (Internship), Cardio-Kinetics, INC

Newark, DE (1999)

I conducted blood pressure and heart rate exams for cardiac patients in rehabilitation programs. We would develop personal training programs designed to get the client back to physical active without having to be monitored. I would also administer body composition tests for clients and individual training sessions.

Assistant Coach (Internship), University of Delaware

Newark, DE (1998 - 1999)

I observed and assisted the coaching staff during daily practice and weekly competition. I coached athletes in the principle of form and technique in their specific discipline; pole-vault, discus, mid and long distance. I was educated in the rules and regulations of the NCAA

Ocean Lifeguard, Rehoboth Beach Patrol

Rehoboth, DE (1993 - 2003)

As lieutenant on the Rehoboth Beach Patrol, I supervised a section of 15 lifeguards. I was an instructor and educator of water safety, first aid, and the city codes of Rehoboth Beach. I created and implemented an eight week training program for all first year guards. I also conducted ocean rescue for the community when needed. I was responsible for maintaining a professional work environment and reprimanding guards if they did not meet the City of Rehoboth Beach standards.

Education**Bachelor of Science in Physical Education Studies****Major GPA 3.3/4.0****Minors: Coaching & History****University of Delaware, Newark, DE**

Related course work: Exercise Physiology, Kinesiology, Strategies in Athletes Performance, Fundamentals of Athletic Training, Principles of Strength Training

Masters of Science in Exercise Science**Performance Enhancement & Injury Prevention****Current Major GPA 3.83/4.0****California University of Pennsylvania**

*Expected to graduate in the Fall Semester of 2014

Licenses & Certifications

-NASM Performance Enhancement Specialist
 -USAT Level II Coaching Certification
 -Serrota Cycling Institute Bike Fit Specialist
 -Elite Coaching Mentorship Program; OTC

-Aerofit Bike Fitting Specialist
 -PowerBar Team Elite Member
 -Red Cross/ First Aid, CPR
 -Professional Triathlete