

BENJAMIN ADAM HAINES

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PERSONAL PROFILE

A former Great Britain Taekwondo athlete with significant taekwondo experience from grass roots to elite level. A passionate, determined and committed individual who really thrives when presented with new opportunities and challenges. Strong drive and desire to work with and develop the future generation of taekwondo athletes. My own personal athlete career was cut short by a car accident and I know I have so much more to offer the Taekwondo family. I enjoy working with children whether it be within Taekwondo or outside the sport.

PROFESSIONAL EXPERIENCE

Currently working as a Teacher Assistant with children aged 8 -17. Dealing with challenging behavior and situations with children and young adults.

World Taekwondo Athlete Representative – 4 year voluntary post

May 2019

KIDS Charity – Young Carers and Disabled. Enhanced DBS Checked. Team Teach experience, Pediatric First Aid qualification and Safe Guarding.

September 2018 - January 2019

In September 2017 after leaving the WT programme I applied for a position at a charity called KIDS. I started as an Assistant Practitioner for Young Carers and then in a short space of time they asked me to apply for a more Senior position. I was successful and was appointed as a Practitioner.

I also worked with disabled children in another part of the Charity and after school and Saturday clubs for 0-25 age groups.

Young Carers are aged 8-25 years where I delivered planned sessions, pick up and drop off children and have interaction with the families.

Full Time Performance Athlete

GB Taekwondo

October 2013 - October 2017

SPORTING ACHIEVEMENTS

- Selection for Senior European Championships and Selection for Under 21 European Championships
- Dutch Open Silver. / Quarter Finals on many G1 and G2 competitions
- Turkish Open Silver
- Swedish Open Silver
- Serbian Open silver
- Israel Open Bronze
- Australian Open Bronze
- Greece Open Gold
- British National champion x 4

EDUCATION

Sport BTEC Level 3 Diploma.

DOUBLE GRADE DISTINCTION MERIT

1 ST For Sport Award in Coaching Strength and Conditioning	LEVEL 1
Sports Leaders Award in Sports Leadership	LEVEL 1
Sports Leaders Award in Community Sports Leadership	LEVEL 2
Prince's Trust Award in Personal Development and Teamwork	ENTRY 3
Edexcel Mathematics Functional Skills Entry 2	PASS
NCFE Volunteering and Voluntary Organisations	LEVEL 2
Working as a volunteer within an organisation	LEVEL 2

2017-2018.

British Taekwondo

1st For Sport Level 2 Coaching in Taekwondo

Pass

Highfield Level 3 Award in Emergency First Aid at Work RQF

Pass

DBS Checked

ACHIEVEMENTS

DELIVERING TAEKWONDO SESSIONS/SEMINARS: To National and International clubs.

Part time voluntary coach with Whiston Taekwondo, Liverpool.

HOBBIES

I enjoy all sports and being active including swimming and ice skating. I enjoy travelling and experiencing different cultures, environments and foods.

REFERENCES AVAILABLE UPON REQUEST