

# Curriculum Vita

## **Personal details:**

**Name:** Christofer Alan Felber

**Date of Birth:** 07/01/1984

**Address:** 2215 Bustard road, Lansdale

**Zip Code:** PA 19446

## **Contact info:**

**Email:** felberca@hotmail.com

**Tel:** 011 302 757 0015

## Qualifications

### COLLEGE

**Higher National Diploma Sports Coaching with Development – 06/2003**

**Higher National Certificate Sports Coaching with Development – 06/2001**

### **Modules that make up the HND/HNC:**

Managing sport

Nutrition, Diet and Sports Performance

Financial Principals and Systems for Sports Organization

Marketing in Sport

Workplace Experience

The Structure and Function of Sport and Recreation

Working with People with an Impairment

Information Technology

Research Topic

Event Management

Principles of Sports Coaching

Scientific Study of Performance

Planning and Coaching of Sports

Psychology of Coaching and Sports Performance

Circuit and Resistance Training

Fitness Testing and Assessment

Sports Injuries: prevention and Rehabilitation Principles

Sports Coaching Theory

Scientific Basis of Performance

Legal and Ethical issues in Sport

First Aid

Sports Development

Coaching Children



## **HIGH SCHOOL**

### **Higher Physical Education – 08/2000**

#### **National Units:**

Social issues in the UK – Higher – 08/2000  
Political issues in the UK – Higher – 08/2000  
International issues – Higher – 08/2000  
Voting systems in the UK – Higher – 08/2000  
Living in a Plural Society – Module – 08/1999  
Investigating a Religion – Module – 08/1999  
Working with wood – intermediate 2 – 08/2000  
Graphical Communication – Intermediate 2 – 08/2000

**Intermediate 2:** mathematics – 08/2000

#### **Standard Grades:** 08/1999

Physical Education  
Mathematics  
English  
German  
Biology  
Chemistry  
Art  
Modern Studies

## **Other Qualifications**

#### **Scottish Football (soccer) Association –**

Goalkeeping Certificate – 05/2004  
Physical Preparation Module – 10/2000  
Coaching Youth Footballers – 03/2001  
Youth Team management – 10/2000  
Physical preparation (12 to 18 years) – Sep/Oct/2001  
Coaching in the Game Certificate – 06/2002

#### **USA Youth Soccer Association –**

Advanced Regional Coach – 2007  
Regional Referee - 2007

#### **UK Athletics –**

Track and field Module – 05/2003  
Speed Coach Module – 09/2003  
Jog Scotland – 11/2003



## **Sports Coach UK –**

Improving Practices and Skills – 05/2002

Good Practice and Child Protection – 12/2002

**Netball Scotland** – Level 1 Coaching Award – 10/2003

**British Gymnastics** – Club Coach Award Jan/Feb – 2004

**Scottish Basketball Association** – Level 1 Basketball Coach

**Scottish Rugby Union** – New Image Rugby Leaders Certificate – 10/2000

**Scottish Badminton Union** – Badminton Leaders Award Course – 12/2001

**Schools Hockey** – Leaders Course – 04/2004

**Ambulance association** – Baby and Child First aid Certificate

## **TEAMS COACHED AND MANAGED ON GAME DAYS:**

*I have dedicated my life to being a Coach, from a young age I started to Coach and I have always enjoyed it. Coaching is who I am and what I do, I take every opportunity to continue to challenge myself and improve. Here is a list of some of the teams I have coached over the years.*

**WUFC GUNNERS U16 BOYS SPRING 07** – MASL U16 League Runners up

**WUFC GUNNERS U17 BOYS SPRING 08** – MASL U17 League Winners

**WUFC GUNNERS U18 BOYS SPRING 08**

**CHARTER HIGH SCHOOL JV BOYS FALL 06** – Record of 14 wins 2 loses

**CHARTER HIGH SCHOOL FRESHMEN GIRLS 08** – Record of 6 wins 0 loses

**CHARTER HIGH SCHOOL FRESHMEN GIRLS 09-** Record of 8 wins 0 loses

**FC TOWAMENCIN TWISTERS U15 BOYS - Summer 07-09**

ICSL Division 1 Winner Fall 07,

Dillsburg Dual Shootout Tournament winners, fall 07

BISC indoor Finalists 07

BISC indoor Finalists 08

Tri State Sports Futsal League Winners 08

Christopher Doc 5v5 indoor Tournament, 2<sup>nd</sup> and 3<sup>rd</sup> 08

Quakertown 3v3 Tournament Winners and 3<sup>rd</sup> Feb 08

Indoor State Cup semi Finalist 08

Harleysville Tournament finalist summer 08

Westmont Runners up summer 08

Al Parlini winners summer 08

Quakertown 3v3 winners, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Feb 09

Leagues united Pennsylvania state indoor champions march 2009

Eastern Pennsylvania Sate Challenge cup Finalist May 2009

Hempfeild Tournament premier division runners up November 2009

ICSL Elite Division Winners December 2009



**HULMEVILLE UNITED U15 GIRLS summer 07-09 –**

*ICSL Division 2 winners fall 07 –  
Lehigh Tournament Winners Fall 07,  
Indoor State cup 3<sup>rd</sup> 07,  
TSS Futsal 3<sup>rd</sup> 08  
Rock league winners Spring 08  
ICSL Elite Division 3rd fall 08  
PAGS Division 1 winners Fall 09*

**TSC THUNDER U12- U14 Girls –**

*ICSL Division 4 Runners up fall 07  
ICSL Division 3 Winners Fall 08  
Lehigh Tournament winners fall 07  
Lehigh Tournament winners fall 08  
Lehigh Tournament winners fall 09*

**TSC TORPEDOS U14 Girls summer fall 08 –**

*Hempfeild Tournament winners fall 08*

**Tri State Soccer Futsal Club U11 Girls – TSS Futsal U12 division runners up, 07**

*TSS Futsal U12 division runners up, 08*

**SAINT JOHNSTONE LADIES- 2005-2006 – National Division 2 League Runners up 06  
(Assistant manager, Head Coach)**

**TYA TORNADOS U14 GIRLS 2004-2006 – ICSL division winners, 04, 05, 06**

**TAY VALLEY U12 BOYS – 2002 – 2003**

*SFA League Fair play Award*

**TEAMS COACHED OVER FULL SEASONS:**

**CONCORD RIDGEBACKS U11 GRILS – MASL runners up spring 08, PA Indoor state  
champs 08**

**WUFC BOYS U9 – fall 2006**

**W UFC BOYS U10 – Fort Dix winners fall 07**

**WUFC BOYS U11 – fall 08**

**HULMEVILLE FIREBIRDS U11-U13boys 2006-2009**

- Tournament runners up 2007- Rock league winners 07 and 08*
- ICSL Division 1 runners up 2008*
- Tournament winners Summer 09*
- ICSL Elite Division runners up 2009*

**HULMEVILLE SPLASH U12 girls– 2008**  
**HULMEVILLE GALAXY U9 girls- 2009-10-05**  
*-ICSL Division 1 champs fall 2009*

- *Tournament winners Summer 09*

**TOWAMENCIN SC Thunderbolts U10 girls**

- *Tournament winners Summer 09*
- *Tournament winners Summer 09*
- *Lehigh Valley Tournament winners Fall 09*
- *ICSL division 4 champs fall 2009*

**TOWAMENCIN SC Tomahawks U12 boys**

- *ICSL division 3 champs fall 2009*

**PEARLS PRIDE U10-U12 girls, 2008-2009**

- *ICSL division 1 champs fall 2009*
- *Tournament winners Summer 2008*
- *Tournament winners Summer 2008*
- *Tournament winners Summer 2008*
- *Tournament winners Summer 2009*
- *Tournament winners Summer 2009*

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**PEARLS PERHANS U14 girls 2009**

- *ICSL division 1 Runners up fall 2009*

**QUAKERTOWN SC U11 girls 2009**

**QUAKERTOWN SC U12 girls 2009**

**CELTIC U8 BOYS 2007-08** – *3v3 winners at several tournaments, plus runners up at Tournaments in Florida and New York. TSS Futsal 3<sup>rd</sup> place finish at U10 level.*

**\*PLEASE NOTE MY COACHING HISTORY DOES NOT INCLUDE:**

Recreation

Inter mural

Individual

Development squads such as SFA or ODP

Camps

Classes

Clinics

Assistant Coach Positions

Fun sessions

Under 6 years of age

Council / Government

Less than 8 sessions

OR Coaching positions in other sports that is not Football (soccer)



## **Work History**

### ***Essential Soccer Director of Coaching Pennsylvania since August 2009- Present***

*Essential Soccer is a Scottish styled Company working within Pennsylvania in the USA. Duties included office work, recruiting, Coaching and business administration for soccer camps, Teams and Individuals. Essential Soccer provides all of the following. Individual training, Team training, and Team camps, School Camps, Holiday Camps, Team season training and open class training and Running player Development Academy.. I am currently coaching in all of these services.*

### ***Director of Coaching for Towamencin Soccer Club July 2008- Present***

*Providing Training programs, Coaches clinics, player camps and academies. Also trying to provide and host more Coach Education classes and Event organisation. This is all done for the club I am also responsible for finding and interviewing Professional trainers to work with teams at the club.*

***Essential Soccer Head Coach/Team leader form June 2006.*** Team leader more development of the business tasks and responsibilities.

***SFA Development Coach April & May 2006 – Coaching*** development of advanced youth players for The SFA. This was in eight week blocks coaching twice a week. Each session was designed to lead onto the next session so every week the program would develop. This included fitness testing and Fitness work. However the fitness side was done by a fitness specific coach.

***Hit Sport Head Coach January 2006 to June 2006 -*** organising and taking coaching session in all sports for kids aged between 4 and 18.

***Saint Johnston Ladies, playing season 2005/2006 –*** During the season I was the club coach for the team organising training and coaching during games and training sessions Saint Johnston Ladies Football Club competes in the Scottish 1<sup>st</sup> division.

***P&K out of School, Clubs Play leader February 2005 to January 2006.*** For a year I was working with out of school clubs in Perth and Kinross, I was not placed in one club but instead spent most my time going round many different clubs trying to bring as much Physical education as possible to these clubs. My duties included Money handling, ordering of supplies set up of club and activities general childcare and organisation of activities.

***Essential Soccer Staff Coach Summer 2004.*** Essential Soccer is a Scottish styled Company working within Pennsylvania, New Jersey and Delaware in the USA. Duties included office work, recruiting, Coaching and business administration for soccer camps, Teams and Individuals. Essential Soccer provides all of the following. Individual training, Team training, and Team camps, School Camps, Holiday Camps, Team season training and open class training. I was coaching in all of these services.

***Jog Scotland, Group leader December 2003 to June 2004 -*** my job was to take a group for a healthy beneficial jog, giving health tips and exercise tips before and after are runs. Slowly progressing the group to become fitter.

**Bells Sport Centre, Leisure attendant October 2003 to June 2004** When I was coaching with Motiv8 I also kept busy by working as a leisure attendant and helper for big sporting events such as the Perth fun run and local tournaments. Responsibilities were setting up sports areas and equipment, Cleaning and maintenance duties.

**Perth Gymnastics Club Coach December 2003 to May 2004**, coaching skills in a club situation.

**P&K Development Coach Summer 2003** – Working as a developmental coach for young players in specific sports. My two sports were Soccer and Basketball. The classes would run 9-3 Monday to Friday for two weeks.

**Motiv8, Head Coach Jan 2003 to June 2004** - In my last year of collage I started working for the Perth and Kinross Motiv8 team. I spent around two years coaching for Motiv8 gaining as much experience as possible in coaching and running events. My Duties were to plan and take coaching sessions for Children aged between 2 and 18 in the following sports Soccer, Badminton, Hockey, American Football, Rugby, Gymnastics, Netball, Racket Sports, Basketball.. Classes included Kiddie kickers, Soccer classes for 2 -3 or 3-5 years old and Tiny Tots gymnastic classes for 3-5 years old and Inflatable fun, a fun class for 2-5 year olds. This also included working with disability groups. When major event came to Perth such as the Perth Fun Run and the Perth Active weekend I also help to do general organising and daily running of the event. Finally During the summer I was also responsible for the day to day running of the Crieff summer sports camp hosted by motiv8

**Tay valley FC, playing season 2002/2003 Manager** - club manager for the team organising training and coaching during games also included paper work duties organisation, marketing and club finances. This was my own under 13's Soccer club. This meant I was responsible for coaching managing and all the banking paper work and general organisation of the team

**College Coaching 2000 and 2001**– During college I had placement as several primary school teaching sports to primary 5 and primary 6 (8 & 9 year olds). These were in ten weeks blocks, and my responsibilities were to teach either, Basketball or Soccer in a progressive programme.

**Perth Grammar School Physical Education Department student teacher work experience January February 2001** - During College Work place experience was part of my curriculum. I spent Two months at Perth Grammar High School in the Physical Education department. At the start of this placement I was a classroom and Coach Assistant. But after a week or so the teachers allowed me to take classes and sessions myself. Other duties included making teacher sessions and coaching sessions on file for teachers to refer to.

**Saints development Coach Summer 2001** – Working as a Coach to help the development of young players in the community.

**Tesco general assistant August 2000 to August 2003**, working in all departments, including duties such as cleaning, food preparation, store preparation, stock rotation, money handling customer service, customer complaints and cargo loading. My experience at Tesco has given me a lot of experience in customer care and customer service, as well as promotion of products & goods. Working with Tesco also allowed me to build working relationships, in terms of teamwork & group cohesion. This would relate well to this position as I would have to deal with customers and colleagues, and marketing of the service will be a big part of any job.

## **Hobbies and Interest**

*My main Hobbies are within sport I am a huge soccer fan and I participate within soccer at all levels. I started playing soccer for a club at age 11, most memorable moment in my playing career was when I scored in a cup final. Before returning to work in Scotland from America in 2004 I spent a couple of month's cross-country skiing and playing Soccer over in Germany. I am also very interested in sports such as Basketball, Badminton, American Football and Athletics in which I have played all at some competitive level. I also enjoy coaching Gymnastics.*

### ***My time in the USA:***

*Since coaching in the USA I have coached and worked with many teams, all off all of the teams I have worked with have had success in either there league, travel tournaments and or indoor competitions. I have been highly impressed with the dedication and incredible set up of American sports, and I feel hugely prevailed to be part of the set up. Giving everything I know to those wishing to learn soccer. I feel I have also learned a lot form the American attitude to sports here, reinforcing my desire to stay here as I am also always looking to improve my own abilities.*

REFERNCE: JEFF HILL – SOCCER PRESIDENT TSC  
EMAIL: [Hej4242@aol.com](mailto:Hej4242@aol.com)  
CALL: 1-215-421-7104

REFERNCE: FRED HEMBRY – TEAM MANAGER  
EMAIL: [Fred.Hembree@AIG.com](mailto:Fred.Hembree@AIG.com)  
CALL: 1-302-290-4800

REFERNCE: JAMES WALLACE - EMPLOYER  
EMAIL: [James.Wallace@EssentialSoccer.com](mailto:James.Wallace@EssentialSoccer.com)  
CALL: 1-302-593-9531

CHUCK EAST – TEAM MANAGER  
EMAIL: [East@Thermmax.com](mailto:East@Thermmax.com)  
CALL: 1-267-246-7072

JOE TIMMONS TEAM MANAGER  
EMAIL: [Joe.Timmons@yahoo.com](mailto:Joe.Timmons@yahoo.com)  
CALL: 1-267-767-6077

CHARLIE BERNITT – TRAVEL DIRECTOR TSC  
EMAIL: [Ginamb@aol.com](mailto:Ginamb@aol.com)  
CALL: 1-267-872-1929

KAY YOUNG – RECREATIONAL DIRECTOR TSC  
EMAIL: [KayRuddenYoung@yahoo.com](mailto:KayRuddenYoung@yahoo.com)  
CALL: 1-610-222-9457