

Alec Nolet
amnolet1@gmail.com
Address
123-456-7890

Education

Green Hope High School, Cary, North Carolina (2018 – 2022)
Old Dominion University, Norfolk, Virginia (2022-current)

Extracurricular Activities

Year Round Competitive Swimming

June, 2018 - present

- Competitive Swimming with Tac Titans National team

around 25 hours weekly

Big Fish Little Fish Mentor

June 2018 - present

- Educated younger athletes on how to swim better
- Designed individualized plans to improve swimmers' techniques
- Modeled effective leadership skills for younger students
- Motivated students to listen
- Instructed students in aquatic safety

6 hours weekly

High school varsity swim team

September 2018-present

1st place at Regionals (2019), 1st place at Regionals (2020), 1st place at Regionals (2021), 1st place at states (2019), 1st place at states (2020), 1st place at states (2021)

Assisted in designing the state swimming ring

Employment

June 2019 - present

Triangle Aquatic Center

Lifeguard

10 hours a week

- Served as a dedicated and vigilant lifeguard, surveying the pool for swimmer distress
- Supervised swimmers of all ages and enforced facility policies
- Administered immediate first aid treatment when necessary
- Checked and calculated pool water chemical balance on a regular basis to ensure safe water conditions
- Attended monthly inservice meetings

Honors

Swimming Honors

- 2019 NCHSAA 4A Swimming State Champions 1st place at Regionals (2019)
- 2020 NCHSAA 4A Swimming State Champions 1st place at Regionals (2020)
- 2021 NCHSAA 4A Swimming State Champions 1st place at Regionals (2021)
- 2019 age group champs champions
- 2019 age group sectionals champions
- 2020 senior sectionals champions

Skills

Certified in Red Cross CPR and First Aid

Experienced in Microsoft Excel and Word