

CURRICULUM VITAE



NIKKY HARRADINE

S.R.A. (U.K.) Trained Squash Coach
(17 Years Experience in the U.A.E.)

CHRISTINE NIKKY HARRADINE
NATIONALITY: BRITISH/GREEK CYPRIOT
PLACE OF BIRTH: LONDON, U.K.
P.O. BOX 10581, DUBAI, UAE
Mobile No: 050 450 7762
www.nikky-sports.com

July 1973

Diploma - County Borough of Southend on Sea
College of Technology
Senior Secretarial
(Shorthand, Typewriting, Audio-typing, Training Office,
Accounts, Commerce)

S.R.A. (U.K.) TRAINED SQUASH COACH

- ❖ Ladies Squash League Organizer (Since 1991-2012)
- ❖ Tournament Organizer for Juniors / Adults (ongoing)
- ❖ Captain and player of a Men's 2nd Division Squash Team in Dubai
- ❖ Represented Cyprus for the Ladies Squash Team for the European Small Nations Cup (5 years) 1994 - 1998.

July 1988

The Squash Rackets Association
Advance Squash Training Course
Instructor: Carol Machin
(S.R.A. advanced Squash Coach)
Heathfield SRC
Hendon, United Kingdom

1988

Gymnastics Training
By Russian National Gymnast in the United Kingdom
Coach - Sergej Kovonoski

1989

Keep Fit Classes for Women: (Included aerobics,
stretching, upper body work, abdominals, leg work and
dance movement) in United Kingdom / Switzerland and
UAE

- January 1989** Squash Coach at the Marbella Club
Sharjah, UAE
- January 1989** Squash Coach at the Sharjah Wanderers
(Known as the Contracts Club)
Sharjah, UAE
- 1989 – 1999** Member of the Women’s (W.S.R.A.) U.K.
Now member of the Squash Rackets Association
(S.R.A. U.K.)
- 1989 – 2009** Member of the Sub-Committee of the U.A.E. Squash
Rackets Association
- 1990 – 1996** Squash Coaching at the Ypsilon Fitness Club
Lugano, Switzerland
(During the summer months of July and August)
- 1991 – 1993** Squash Coach at Le Mirage Sports & Health Club
(Forte Grand) Dubai, UAE
(Clark Francis – Club Manager)
- December 1991** Winner of the Reebok Ladies Squash League in Dubai in
the Premier Division
- 1991 – 1993** Squash Coach at the Dubai Metropolitan
Beach Resort – Jebel Ali, Dubai, UAE
(Claudio Campolucci – General Manager)
- 1991 – 1994** Squash Coach at the Dubai Country Club
Dubai, UAE
(Dave Greedy – General Manager)
- 1991 – 1999** Squash Coach at the Dubai Marine Beach Club
Dubai, UAE
(Sami Raad – Chairman)
- 1991 – 1999** Squash Coach at Hiltonia Fitness Club (Gerhard Hardick –
General Manager) and the Hilton Beach Club (Riaz
Mansoor – Financial Controller)
Jumeirah – Dubai, UAE (Andre Herrenschmidt –
Manager)

- 1991 – 2009** League Organizer for the Reebok / Fila / Head / Prince Ladies Squash League (Dubai & Northern Emirates)
- April 1992** Winner of the Reebok Ladies Squash League in Dubai in the Premier Division
- June 1992** S.R.A. Part I (Elementary) Coaches' Course
Practical & Written Work
Tutor: Mr. Craig Thorpe – Clarke
Roehampton Club LTD.
Surrey, United Kingdom
- July 1992** Universal Squash
Teacher's Training Program (Summer Camp)
With Bryan Patterson (Lee on Solent)
Hants, U.K.
- October 1992** Winner of the Reebok Ladies Squash League in Dubai in the Premier Division
- July 1993** Training with Hassan Khan (Squash Coach) at
Streatham Squash Club & Wembly Squash Club, U.K.
- August 1993** Bryan Patterson Universal Squash Camp
Lee-on-Solent
United Kingdom
- 1994 – 1998** Squash Coach at the Chicago Beach Sports Centre
Dubai, UAE
(James McDougall – Director of Human Resources)
- October 1994** Winner in Monaco representing Cyprus in the Ladies Squash Team for the European Small Nations Squash Tournament
- October 1994** Attended S.R.A. rules, referees and marking course with
Ian D.W. Wright (English SRA Tutor)
Held in Monaco
- September 1995** Winner in Liechtenstein representing Cyprus in the Ladies Squash Team for the European Small Nations Squash Tournament

- September 1996** Runner's up in Hungary
Representing Cyprus in the Ladies Squash Team for the European Small Nations Squash Tournament
- October 1997** Runner's up in Cyprus representing Cyprus in the Ladies Squash Team for the European Small Nations Squash Tournament
- January 1998 – 2009** Squash Coach at the Jumeirah Beach Hotel in the Pavilion Marina and Sports Club
Dubai, UAE
(Sean Harrison – Sports Leisure Manager)
- April 1998** Winner of the Reebok Ladies Squash League in Dubai in the Premier Division
- June 1998** Winner of the Ladies Open Squash Tournament held At the Aviation Club - Dubai, UAE
(Clark Francis - Recreation Manager)
- August 1998 - April 2004** Running Training in Switzerland, United Kingdom and the UAE for six years. Competed in road races, cross country running, relays, team triathlons and mountain races. Distances from 5k, 10k, 14k, (21 km - half marathon) and a (42km - marathon).
- September 1998** Winner of the Ladies Open Squash tournament held at the Aviation Club - Dubai, UAE
(Clark Francis - Recreation Manager)
- 1998 - 1999** Winner of the Reebok Ladies Squash League in Dubai in the Premier Division
- October 1998** Runner's up in Luxembourg
Representing Cyprus in the Ladies Team in the European Small Nations Squash Tournament
- September 1998 – 2003** Squash Coach at the Aviation Club
Dubai, UAE
(Clark Francis – Sports Manager)
- 1999 – 2000** The Squash Rackets Association
Overseas Membership (Membership No. 26693)

April 2000 U.A.E. Squash Rackets Association
Certificate of Appreciation

2000 – 2006 Squash Coach at the Jumeirah Beach Club
Resort & Spa – Dubai, UAE

2002 – 2004 League Organizer for the Fila Ladies Squash League in
Dubai and Northern Emirates

Spring 2003 Captain and Player
Men’s Dunlop Squash League
Team Winners (Division 2)

Winter 2003 Captain and Player
Men’s Dunlop Squash League
Team Runner’s up (Division 2)

Autumn 2003 / 2004 Captain and Player
Men’s Dunlop Squash League
Team Winners (Division IV)

January 2004 Squash Coach at the Jumeirah Beach Hotel’s Pavilion
Marina and Sports Club – Dubai, UAE
Freelance Instructor Agreement
Sports & Leisure Manager
(Nicolas Konig)

February 2004 - 2006 Squash Coach at the Dubai Ladies Club
Jumeirah – Dubai, UAE

February 2004 - 2006 Squash Coach at the Lakes Club
Emirates Lakes (EMAAR Properties)
Dubai, UAE

May 2005 Fitness Camps
Location: Safa Park, Dubai, UAE

April 2006 Jumeirah Beach Club
Resort & Spa
Freelance Instructor Agreement
Chris Ely (Sports & Leisure Manager)

- February 2007** Jumeirah College Certificate
(For student work experience)
Mr. Short (Head of School)
- November 2007** Jumeirah Beach Hotel
The Pavilion Marina & Sports Club
Freelance Instructor Agreement
with Ian Phillips (Director of Sports & Leisure)
- September 2009** Prince Pro Contract (ongoing)
Accepted on behalf of Prince
Raza Farooqui
(Business Manager of the Middle East)
- May 2010** Personal Performance & Coaching Expertise
(in line with current England squash coaching Awards).
Held at the Bluecoat Leisure Centre, Christ's Hospital
School, Horsham, Sussex, U.K.
With Graham Stevenson
(England Squash level 4 Coach & Tutor)
- 4th - 6th October 2012** Group Exercise Instructor - Course
At MefitPro training Academy, UAE
In Conjunction with Australian Fitness leader Network
Human Anatomy / Exercise Physiology
Exercise Nutrition / Creating Choreography / Cues &
Coaching / Safety & Technique
- 11th October 2012** ViPR - Vitality, Performance,
Re-conditioning training course
At Mefitpro Training Academy Dubai
- 14th October 2012** BOSU Specialty Course
Balance and Control Work
At Mefitpro Training Academy Dubai
- 20th October 2012** (CPR) Cardiopulmonary Resuscitation and (AED)
Automated External Defibrillator Training Course
At Mefitpro Training Academy Dubai
- 3rd November 2012** (TRX - STC) Suspension Training Course
At Gold's Gym Business Village Deira, Dubai
with Mefitpro

- 24th November 2012** PTAglobal - The Bridging Workshop
 "Systems, Science & Tools"
 Functional Knowledge/Professional Fitness Development
 At Engine Health & Fitness Club Dubai
 Through Mefitpro
- 24th January 2013** Crossfit Training
 Mobility Course
 Dubai, United Arab Emirates
- 6th April 2013** TRX-RIP Training Course
 At Mefitpro
 Dubai, United Arab Emirates
- 18th-19th April 2013** Mefitpro Summit
 Practical- Trigger Point, Vpr, Biomechanics, Group &
 team training, Bodyweight conditioning, Grit Training,
 TRX-GSTC, Boxing training
- December 2013** The Bronze XLR8
 Training Course (for Speed, Power and Agility)
 The course meets International standards.
 Held at the Repton School Dubai, United Arab Emirates
- 23rd Oct.-2nd Nov 2014** G.I. Jane Boot Camp in Thailand
 (Intensive military style training for 10 days)
- 17th October 2015** Fit Club 2015
 Completed a 7 day Intensive Fitness Training Camp
 With Military & Navy Trainers
 Algarve - Portugal

NIKKY HARRADINE

Mobile: +971 (0) 50 45 07 762 Email: info@nikky-sports.com
www.nikky-sports.com

Breakdown of Squash Coaching & Training Courses

July 1988	The Squash Rackets Association Advance Squash Training Course Instructor: Carol Machin (S.R.A. advanced Squash Coach) Heathfield SRC Hendon United Kingdom
June 1992	Part I (Elementary) Coaches' Course Practical & Written Work Tutor: Mr. Craig Thorpe – Clarke Roehampton Club LTD. Surrey United Kingdom
July 1992	Squash Camp Universal Squash with Bryan Patterson Lee-on-Solent United Kingdom
August 1993	Bryan Patterson Universal Squash Camp Lee-on-Solent United Kingdom
October 1994	Squash Rackets Association Rules, Referees and Marking Course With Ian D.W. Wright (English S.R.A. Tutor) Dartford, Kent United Kingdom
May 2010	Personal Performance and Coaching Expertise (in line with current England Squash Coaching Awards) Intensive Three Day Course With Graham Stevenson (England Squash Level 4 Coach and Tutor) West Sussex United Kingdom
4th - 6th October 2012	Group Exercise Instructor At MefitPro Training Academy - Dubai United Arab Emirates In Conjunction with Australian Fitness leader Network Human Anatomy / Exercise Physiology Exercise Nutrition / Creating Choreography / Cues & Coaching / Safety & Technique

11th October 2012	ViPR - Vitality, Performance, Re-conditioning training course At Mefitpro Training Academy Dubai
14th October 2012	BOSU Specialty Course Balance and Control Work At Mefitpro Training Academy Dubai
20th October 2012	(CPR) Cardiopulmonary Resuscitation and (AED) Automated External Defibrillator Training Course At Mefitpro Training Academy Dubai
3rd November 2012	(TRX - STC) Suspension Training Course At Gold's Gym Business Village Deira, Dubai with Mefitpro
24th November 2012	PTAglobal - The Bridging Workshop "Systems, Science & Tools" Functional Knowledge/Professional Fitness Development At Engine Health & Fitness Club Dubai Through Mefitpro
24th January 2013	Crossfit Training Mobility Course Dubai, United Arab Emirates
6th April 2013	TRX-RIP Training Course At Mefitpro Dubai, United Arab Emirates
18th-19th April 2013	Mefitpro Summit Practical- Trigger Point, ViPR, Biomechanics, Group & team training, Bodyweight conditioning, Grit Training, TRX-GSTC, Boxing training
December 2013	The Bronze XLR8 Training Course (for Speed, Power and Agility) The course meets International standards. Held at the Repton School Dubai, United Arab Emirates
23rd Oct.-2nd Nov. 2014	G.I. Jane Boot Camp in Thailand (Intensive military style training for 10 days)
17 th October 2015	Fit Club 2015 Completed a 7 day Intensive Fitness Training Camp With Military & Navy Trainers Algarve - Portugal



**NOTARIAL CERTIFICATE
Cert as to Qualifications
(for United Arab Emirates - Dubai)**

BE IT KNOWN that I **LESLIE JOHN ANDREW SELDON** a duly authorised **Notary Public** residing in the United Kingdom, and practising at Bramley House, Mill Court, Penshurst Road, Bidborough, Kent TN3 0XN and also at Thackray Williams offices, Kings House, 32-40 Widmore Road, Bromley, Kent BR1 1RY United Kingdom.

HEREBY CERTIFY as follows:

1. I attach an original letter from Nick Rider of the England Squash & Racketball association, which has been certified by me.
2. I have verified by enquiry of Irene Norman (the PA to Nick Rider) that the attached letter is genuine and therefore I am able to certify it as such.
3. I am informed by The Subject and accept that 'Nikky' which is shown as her middle name, is a nickname. It is the name that she was called when she first went to Dubai. The nickname is derived from her maiden name which was 'Nicola' prior to her marriage.

SCHEDULE

The Subject: Christine "Nikky" Harradine
Residential address: c/o Orient Irrigation Services PO Box 10581 Dubai

Signed and Sealed by me at Bidborough on ...²⁶... October 2012

Leslie J.A. Seldon

.....(signed)

Leslie John Andrew Seldon, Notary Public, England and Wales

Tel: +44(0)1892 514594 Mob:+44(0)7771 546124

Email: leslie@seldon-notary.co.uk



NOTARY PUBLIC





United Arab Emirates
 Ministry Of Foreign Affairs
 Consulates Services Dept.



الإمارات العربية المتحدة
 وزارة الخارجية
 إدارة الخدمات القنصلية

150 DH
 59052743



1202595018
 التاريخ 14/11/2012

تصادق على صحة توقيع و ختم
 مطر بن محمد آل مكتوم
 دون تحميل الوزارة أي مسؤولية تجاه المحتويات
 وكل وزارة خارجية



سفارة دولة الإمارات العربية المتحدة - لندن
Embassy of the United Arab Emirates-London
 الشعبة القنصلية - Consular Section

9163 01 NOV 2012 Date

تصادق على صحة ختم و توقيع وزارة الخارجية البريطانية

We certify stamp & signature of
 The Foreign & Commonwealth Office

القنصلية غير مسؤولة عن المحتويات

Not responsible for the contents

Consul

التصديق





United Arab Emirates
 Ministry Of Foreign Affairs
 Consulates Services Dept.



الإمارات العربية المتحدة
 وزارة الخارجية
 إدارة الخدمات القنصلية

150 DH
 590527434





120259501

14/11/2012

نصحت صحة توقيع و ختم
 تصانق بمجولة الإمارات في لندن
 دون تحمل الوالدة أي مسؤولية تجاه المحتويات
 وكل من وزارة الخارجية



APOSTILLE (Convention de La Haye du 5 octobre 1961)	
1. Country: Pays/Pais	United Kingdom of Great Britain and Northern Ireland
This public document Le présent acte public / El presente documento público	
2. Has been signed by a été signé par ha sido firmado por	Leslie J A Seldon
3. Acting in the capacity of agissant en qualité de quien actúa en calidad de	Notary Public
4. Bears the seal/stamp of est revêtu du sceau / timbre de y está revestido del sello / timbre de	The Said Notary Public
Certified Attesté / Certificado	
5. at à / en	London
6. the le / el día	29 October 2012
7. by par / por	Her Majesty's Principal Secretary of State for Foreign and Commonwealth Affairs
8. Number sous no / bajo el número	J422419
9. Seal / stamp: Sceau / timbre: Sello / timbre:	
10. Signature: Signature: Firma:	D Hodges 

This Apostille is not to be used in the UK and only confirms the authenticity of the signature, seal or stamp on the attached UK public document. It does not confirm the authenticity of the underlying document. Apostilles attached to documents that have been photocopied and certified in the UK confirm the signature of the UK public official who conducted the certification only. It does not authenticate either the signature on the original document or the contents of the original document in any way.

If this document is to be used in a country which is not party to the Hague Convention of 5th October 1961, it should be presented to the consular section of the mission representing that country.

22 October 2012

To Whom It May Concern

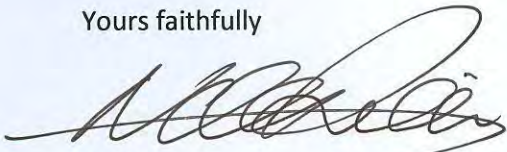
Re: Christine Nikky Harradine

This is to certify that Christine Nikky Harradine is a Part 1 Qualified Squash Coach under the regulations set out by England Squash & Racketball (formerly the Squash Rackets Association), which is the national federation for squash as recognised by the World Squash Federation.

Ms Harradine gained her qualification by passing a Part 1 course on 15 June 1992.

Since then she has been closely involved with the sport as a coach and organiser and has successfully undertaken a number of Continuing Professional Development initiatives including an SRA Refereeing and Rules course on 19 October 1994 and, most recently, an intensive course with Graham Stevenson, ESR Level 4 Coach and Coach Educator on 5 – 7 May 2010.

Yours faithfully



Nick Rider
Chief Executive



*I certify that this is a
true + genuine document*

Leslie J.A. Seldon
26 Oct 2012

Leslie John Andrew Seldon
NOTARY PUBLIC ENGLAND & WALES
Tel: +44(0)1892 514594 Mob: +44(0)7771 546124
Email: leslie@seldon-notary.co.uk

Head Office

Address:
National Squash Centre
Sportcity Manchester
M11 3FF

Telephone:
+44 (0)161 231 4499
Facsimile:
+44 (0)161 231 4231

E-mail: enquiries@englandsquashandracketball.com
Website:
englandsquashandracketball.com

Κυπριακή Ομοσπονδία Σκουός

Τηλ: +35722874050

Φαξ: +35722512731

T.K 21099, 1501 Λευκωσία, Κύπρος

Email: squashcy@cytanet.com.cy

<http://www.squash.com.cy>



Cyprus Squash Rackets Association

Tel: +35722874050

Fax: +35722512731

P.O.Box 21099, 1501 Nicosia, Cyprus

Email: squashcy@cytanet.com.cy

<http://www.squash.com.cy>

CERTIFICATE

This is to certify that **Christine Nikky Harradine** was a member of Cyprus Women National Team, from October 1994 to October 1998. She participated in the National Team at the following events:

Monaco - October 1994

Liechtenstein - September 1995

Hungary - September 1996

Cyprus - October 1997

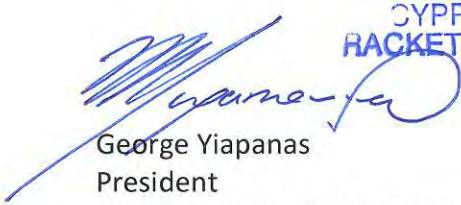
Luxembourg - October 1998

During those years, she was a valuable player for the National Team, and trained with both the Ladies and Men's team players.

She was playing competitive squash, gained experience and did a course in squash rules, refereeing and marking in 1994 with an English S.R.A. Course Tutor.

She also provided squash coaching for children and adults in that period of 5 years. This involved racket control, skills of the game, nutrition, safety, technique, fitness training, conditioning, and match play.

CYPRUS SQUASH
RACKETS ASSOCIATION


George Yiapanas

President

Cyprus Squash Rackets Association

Cyprus, October 2012

Signed (or sealed) this day in my presence
by.....*George Yiapanas*.....

who is/are personally known to me. In testimony
whereof I have hereto set my hand and official
seal this.....*23* day of *October* 20*12*

V. Skordis (sgd)
(VRAHIMIS SKORDIS)
Certifying Officer, Nicosia - Cyprus



This is to certify that the signature appearing above/overleaf is the signature of Mr. V. Skouris a Certifying Officer Nicosia, appointed by the Council of Ministers of the Republic of Cyprus under the Certifying Officers Law Cap 39 to certify signature and seals, and that the seal opposite the said signature is that of the Certifying Officer of Nicosia. The District Officer certifies only the signature and the seal of the Certifying Officer and assumes no responsibility for the content of this document.

Nicosia - CYPRUS

[Signature]
District Officer
Nicosia



23 OCT 2012

NICOS PAPADOPOULOS



IT IS HEREBY CERTIFIED THAT THE SIGNATURE APPEARING ABOVE / OVERLEAF IS THE SIGNATURE OF MR/MRS N. Papadopoulos AND THE SEAL OPPOSITE SAID SIGNATURE IS THE SEAL OF District Officer Nicosia THE MINISTRY OF FOREIGN AFFAIRS ASSUMES NO RESPONSIBILITY FOR THE CONTENT OF THIS DOCUMENT
Sgd.: [Signature]
23 OCT 2012 FOR PERMANENT SECRETARY
MINISTRY OF FOREIGN AFFAIRS
REPUBLIC OF CYPRUS
(NICOSIA)

Mary Zenonos - Manison

United Arab Emirates
Ministry Of Foreign Affairs
Consulates Services Dept.

الإمارات العربية المتحدة
وزارة الخارجية
إدارة الخدمات القنصلية

150 DH أبو ظبي
59051837
1201207757

الرقم : 04/11/2012
التاريخ :
تصادق على صحة توقيع و ختم
السفارة القبرصية
دون تحمل الوزارة أي مسؤولية تجاه المحتويات
وكل من وزارة الخارجية

It is hereby certified that the signature which appearing above overleaf is the signature of Mrs. Mary Zenonos and the seal opposite the said signature is the seal of M.F.A. Cyprus

CYPRUS EMBASSY
CONSULAR SECTION
ABU DHABI - U.A.E.

4-11-2012
[Signature]





**EUROPEAN
SMALL NATIONS**

La Fédération Monegasque de SQUASH RACKETS présente

**SQUASH
TOURNAMENT**

*Hongrie, Luxembourg,
Liechtenstein,
Islande,
Malte,
Monaco,
Chypre*

du **19** au **23**
Octobre 1994
au **Stade Louis II**

6. Squash - EM

der Kleinstaaten

EUROPEAN **S**MALL **N**ATIONS **S**QUASH **T**OURNAMENT



LIECHTENSTEIN '95

6.-9. September 1995

Squash House Vaduz

EINTRITT FREI

Cyprus, Iceland, Liechtenstein
Luxemburg, Malta, Monaco, Hungary



European
SMALL NATIONS
SQUASH
Tournament

City Squash Club Budapest
18-21 September
1996

1-4 OCTOBER 1997

small nations



8th

**squash
tournament**

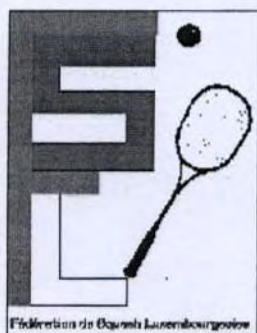
LAPATSA & ELEFTHERIA



**FÉDÉRATION
LUXEMBOURGEOISE
DE
SQUASH RACKETS**

**TOURNOI DE SQUASH
DES PETITES NATIONS
EUROPÉENNES**

**30 SEPTEMBRE
au
4 OCTOBRE 1998
au
Grand-Duché de Luxembourg**



**Action au profit
des
oeuvres sociales du LION'S CLUB
LUXEMBOURG
INTERNATIONAL**



DATE: 10 December 2012

TO WHOM IT MAY CONCERN

This is to certify that Christine Nikky Harradine has been a squash coach & fitness trainer in Dubai for the past twenty two years.

She has undergone training courses in the U.K. since 1988.

Ms. Harradine has been a member of the sub-committee of the U.A.E. Squash Rackets Association from 1989 to date and has played for the Cyprus Ladies National team for five years in the European Small Nations Squash Tournament.

Ms. Harradine has in Dubai, organized many Junior & Senior Squash Tournaments and was also Captain and player of the Men's Second Division Team in Dubai for fifteen years.

Ms. Harradine was one of the founders of the Dubai Ladies Squash League in 1991 and continues to run it with over one hundred ladies from different professions, schools, expats and U.A.E. nationals ranging from beginner to advance levels and she continues to give squash coaching and fitness training in Dubai using her skills, experience and knowledge.

This letter has been issued at the request of Ms. Harradine.



Major General Abdul-Aziz Al Bannai
President
U.A.E. Squash Association
Dubai



The Squash Rackets Association

Founded 1928

Patron: H.R.H. THE PRINCE PHILIP, DUKE OF EDINBURGH, K.G., K.T.

Headquarters: Francis House, Francis Street, London, SW1P 1DE Telephone: 01-828 3064/6 Telex: 8956058

Once again the WSRA are running their SUMMER SCHOOLS OF SQUASH for improving players.

These will be run in ten areas as set out below, and are open to MEN AND WOMEN over the age of 16 years. Each course takes place over a weekend, 10.00 - 4.00 on both the Saturday and Sunday, and is open to 16 applicants (with a waiting list in case of last minute withdrawals.)

Part I coaches might like to be on the receiving end for once! They might also like to see a Part III at work in a mixed-ability group. If not this, perhaps a coach might like to recommend this group coaching to a promising pupil to get him/her out of her usual environment and broaden her horizons.

In view of the success of these courses over the past few years, the WSRA are embarking on a trial, running two courses in winter. One will be run at Bisham Abbey, Nr. Marlow in October 1987, and the other probably in the Midlands in the spring - but details will follow in the next bulletin.

(Application forms from the WSRA, 345 Upper Richmond Road West, Sheen, London SW14 8QN - 01 876 6219)

		Coach:
1 BARNHAM BROOM CC, Norfolk	6/7th June	Alex Cowie
2 WARRINGTON SC, Cheshire	6/7th June	Lesley Moore
3 EXETER GOLF & COUNTRY CLUB, Devon	27/28th June	Claire Chapman
4 CARLISLE SC, Cumbria	4/5th July	Harriet Yellowlees
5 PORTSMOUTH SC, Hampshire	4/5th July	Wendy Berry
6 YORK UNIVERSITY, York	11/12th July	Joyce Tuomey
7 HEATHFIELD SRC, North London	18/19th July	Carol Machin
8 WEST CROSS SRC, Brentford, Middx.	25/26th July	Margaret Gardner
9 BLANDFORD LC, Dorset	8/9th August	Pippa Lusby
10 BEDFORD SC, Bedfordshire	15/16th August	Janet Richardson

9th July 1988

Ref: HF/CM/88

Heathfield SRC
Hendon
North London
United Kingdom

ATTENTION: CHRISTINE HARRADINE

Advance Squash Training Course

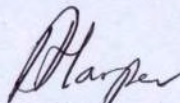
Held at the Heathfield Squash Rackets Club

Time: 8:00 am – 6:00 pm daily (5 days)

Date: 20th – 24th July 1988

Instructor: Carol Machin
(S.R.A. Advanced Squash Coach)

Yours faithfully,



DAVE HARPER



SQUASH RACKETS ASSOCIATION PO BOX 1106 LONDON W3 0ZD





Central Subcommittee of the UAE Squash Rackets Association

1993/94 SUB-COMMITTEE



Nikky Harradine — Reebok Ladies League Organiser. By far the most important member of the sub committee. Hyperactive organiser of ladies' and children's tournaments, and enthusiastic, if a somewhat temperamentally disadvantaged, player. Coaches on the do-as-I-say-not-as-I-do principle. Best shot — the forehand boast from the back corner while receiving a telephone message, taking a coaching reservation, and yelling at the children to behave. Drives a Toyota in a style that results in regular donations to the Dubai Traffic Police.

1994/95 Sub-Committee



Nikki Harradine - Reebok Ladies League Organiser. It would take a crowbar (at the very least) to remove Nikki from the committee. In addition to organising the ladies and children's tournaments with military precision and coaching those less fortunate souls not blessed with her grace and natural abilities, she now captains the *Emirates Woman's* team presently tormenting the men in Division Two. She already has a Toyota but dreams of driving a new one.

THIS CARD IS NOT TRANSFERABLE

The undersigned is an Individual Member of the SRA and is entitled to the appropriate privileges until May 1999

Mrs Christine Harradine
Po Box 10581
Dubai
United Arab Emirates
1*** 026693

Squash Rackets Association P.O. Box 1106, London W3 0ZD
Tel: 0181 746 1616 Fax: 0181 746 0580

MEMBERSHIP
CARD 1996/97



SIGNATURE

C. N. Harradine

The
Squash
Rackets
Association

7th June 1992

Ref: ECCI/RCL/92

ROEHAMPTON CLUB LTD.

6, Roehampton Lane
Surrey
London SW15 5LR,
England

Tel: 081-876-1621

ATTENTION: MRS. C.N. HARRADINE

Please arrive at 9:00 am to register at the reception area before starting the course.

PART I (ELEMENTARY) COACHES' COURSE

Dates: 15th – 21st June 1992

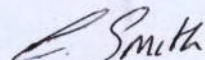
Time: 9:30 am: Lecture Room

7 Days (50 hours)

PRACTICAL & WRITTEN WORK

Tutor: Mr. Craig Thorpe – Clarke

Yours faithfully,


CAROL SMITH

Approved by: The Squash Rackets Association
The Women's S.R.A.
Squash Rackets Professional Association



SQUASH RACKETS ASSOCIATION PO BOX 1106 LONDON W3 0ZD



SQUASH RACKETS ASSOCIATION

Francis House, Francis Street, London SW1P 1DE
(01-828 3064)

WOMEN'S SQUASH RACKETS ASSOCIATION

345 Upper Richmond Road West, Sheen SW14 8QN
(01-876 6219)

SQUASH RACKETS PROFESSIONALS' ASSOCIATION

Blyth Hall, Blyth, Nr. Worksop, Notts. S81 8HL
(090 976 755)

PART I (ELEMENTARY) COACHES' COURSE

SYLLABUS

Approved by:

**THE SQUASH RACKETS ASSOCIATION
THE WOMEN'S SQUASH RACKETS ASSOCIATION
SQUASH RACKETS PROFESSIONALS' ASSOCIATION**

UNIVERSAL SQUASH



SQUASH CAMP 1992

Nancy Harradine



UNIVERSAL
SQUASH

Bryan Patterson

SQUASH PROMOTIONS, COACHING, CLINICS, EXHIBITIONS, CHALLENGE MATCHES

BRYAN PATTERSON UNIVERSAL SQUASH



SQUASH CAMPS FOR JUNIORS & ADULTS 1993

SQUASH CAMPS APPLICATION FORM

Return to: BRYAN PATTERSON UNIVERSAL SQUASH,
THE LEE-ON-SOLENT L.T. & S.C., MANOR WAY,
LEE-ON-SOLENT, HANTS.

I CHRISTINE NICOLA HARRADINE would like to participate in
the following Squash Camp(s) / Tournament.

+ have my Wife/Husband/Partner/Family (no. of children)
accompany me (delete not applicable).

TYPE: Junior / Adult / Mid-Summer Tournament (delete not applicable)

Date(s) of Camp(s) / Tournament

VENUE: The Lee-on-Solent L.T. & S.C./Burgau (delete not applicable)

Name/Club Team: Individual.....

Address: 64 Longlands Ct. Avonvale Sq
Old Kent Rd. London SE7. U.K.

Telephone No.: 0208 4250608.....

Injury Treatment Cover Tick if wanted + add £5 to your total costs.

T-Shirt Size: X Small.....(FREE to all participants)

Please find enclosed my Deposit/Complete Fee of £ 50 : - I will pay the
balance by the due date as stated in the brochure (Cheques, Postal Orders
payable to BRYAN PATTERSON).

Signed: Parent/Guardian/Self: C. N. Harradine
August 1993

PLEASE READ CAREFULLY

Bryan Patterson Universal Squash reserve the right to cancel any Camp and
refund any monies. In the event of you wishing to cancel your participation in
a Camp a letter of cancellation must be received two months prior to you
cancelling for full refund. If cancelling between one and two months prior to
a Camp you will receive a 75% refund and if cancelling between nought to one
month prior to a Camp you will receive a 50% refund.

Bryan Patterson Universal Squash cannot be held responsible for any delay or
timetable change in respect of travel to the Camps abroad, however you will be
informed immediately of any such change. Personal insurance for health and
travel should be taken by you for these Camps.

We look forward to seeing you on one of these Squash Camps or Tennis Camps.

THIS IS TO CERTIFY THAT

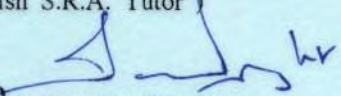
Nicky Harrodine
.....

**HAS ATTENDED
A
SQUASH RACKETS
ASSOCIATION
RULES, REFEREES
AND
MARKING COURSE**

19/10/1994

IAN D. W. WRIGHT

(English S.R.A. Tutor)

SIGNED 



SQUASH RULES,

REFEREEING

and



MARKING

COURSE.

PROSPECTUS and NOTES.



50p.

Course Tutor & S.R.A. Instructor.

Ian Wright,

50, Tredegar Road, Wilmington, Dartford, Kent. DA2 7AZ.

Telephone: 0322 272200. Fax: 0322 289295.

name

Mrs Christine Harradine

membership category

OVERSEAS

membership number

26693

Membership Card 1999/2000

VALID UNTIL 31/05/2000



The
Squash
Rackets
Association

THIS CARD IS NOT TRANSFERABLE

The undersigned is an Individual Member of
the SRA and is entitled to the appropriate
privileges until May 31st 2000

Signature

C. N. Harradine

Squash Rackets Association P.O. Box 1106, London W3 0ZD

Tel: 0181 746 1616 Fax: 0181 746 0580

E-mail: sra@squash.uk.com

Website: www.squash.co.uk

بسم الله الرحمن الرحيم

Certificate of Appreciation

شهادة تقدير



جمعية الإمارات للاسكواش
U.A.E. SQUASH RACKETS ASSOCIATION

U.A.E. Squash Rackets Association is Pleased to
Express Deepest Appreciation

يسر جمعية الإمارات للاسكواش أن تعبر عن عميق
تقديرها

To إلى

NICKY HARRADINE

For His active Participation during Dubai Squash
Central League
Accordingly, he has been Awarded this Certificate

لمشاركته الفعالة في بطولة دوري دبي
للاسكواش. وعليه فقد استحق هذه الشهادة
التقديرية.

Dated: Winter 19-4-2000

مؤرخ : شتاء ١٩-٤-٢٠٠٠

BRIG.ABDUL AZIZ MOH'D AL BANNAI

PRESIDENT OF U.A.E. SQUASH RACKETS ASSOCIATION

رئيس جمعية الإمارات للاسكواش
العميد / عبد العزيز محمد البناي



UAE Squash Rackets Association Meeting

This is with reference to the meeting of UAE Squash Rackets Association to be held on 9 December 2004 at 6.30 pm at the Al Maasa Hall, Grand Hyatt Hotel Dubai.

The meeting will be attended by His Highness Sheikh Ahmed bin Hasher Al Maktoum amongst other senior officials including officials from the Ministry of Youth & Sports.

The meeting is being called to submit reports to the officials and to the local press who will also be present.

Thanking you

Your Sincerely



R. Maj. Gen. Abdul Aziz Al Bannai
President
UAE Squash Rackets Association

For further enquiries please contact Mr. Abbas Khan on 050-4646011



SRA SQUASH COACH

Thank you for your support during

JUMEIRAH COLLEGE

Work Experience Week 2007

A handwritten signature in black ink, appearing to read 'C Short'.

C Short
Head of School

A handwritten signature in black ink, appearing to read 'D Face'.

D Face
Head of Careers

G.S. Squash

Graham Stevenson

Panel Cottage, Church Street, Amberley,
West Sussex. BN18 9ND.

Tel. 01798 831428 07941 52 20 10

e-mail: grahamstevenson@onetel.com

This is to certify that

NIKKY HARRADINE

has successfully completed an

**Intensive Three Day Course
with**

Graham Stevenson

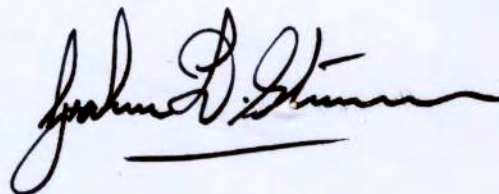
(England Squash Level 4 Coach and Tutor)

covering

**Personal Performance and Coaching Expertise
(in line with current England Squash Coaching Awards).**

Dated: **7th May 2010**

Signed:



G.S. SQUASH

Graham Stevenson

**Panel Cottage, Church Street, Amberley,
West Sussex. BN18 9ND.**

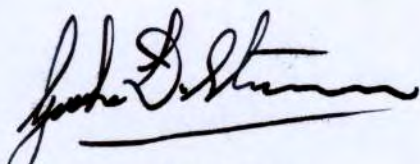
Tel. 01798 831428

e-mail: grahamstevenson@onetel.com

NIKKY HARRADINE COURSE – Christs Hospital – 5/6/7 May 2010

Outline of Proposed Programme on Personal Performance

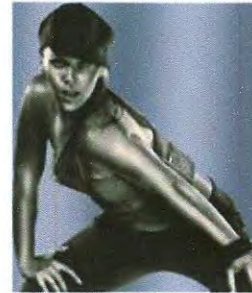
- 'How well does she play; do I think I will stay?!'
Assessment of the challenge – Matchplay + Analysis.
- 'Is your racket part of your arm, or more a serious cause for alarm?'
Focus on finesse / refining racket-skill.
- 'Steady to be ready; let's get neat with those feet!'
Movement as a skill - Movement Patterns + 'Ghosting'.
- 'Top edge back, bottom edge to the ball, to simplify technique, once and for all.'
Basic Swing + Control of Length.
- 'To work players hard, to impair their play, take it really early, or maybe delay!'
Generating Pressure.
- 'It's easier to 'kill' with subtle skill!'
Working the front-court with the Volley Drop
- 'To vary height, and control the pace, just open up the racket-face'.
Working and Covering the corners. – Boasts / Drops / Lobs
- 'Transform yourself from 'nice-guy' to 'terror', just 'cut the crap', and reduce the error!'
Better Matchplay / Tactical Focus.
- SQUASH CHATS – **Solo Practice.**
Preparing for success/Match Preparation.
Coaching Awards Update.



Graham Stevenson

G E L

GROUP EXERCISE LEADER



CERTIFICATE OF ACCOMPLISHMENT

This is to verify that

Christine Nikky Harradine

has been trained and assessed against international standards in the components of

- Human Anatomy
- Exercise Physiology
- Exercise Nutrition
- Creating Choreography
- Cues & Coaching
- Safety & Technique

MEFITPRO Team congratulates you on your commitment to your professional development

06th October 2012

Date

Rania Boucher
Training Manager

MEFITPRO
WORLD CLASS FITNESS SOLUTIONS



VITALITY, PERFORMANCE, RE-CONDITIONING

This certificate acknowledges that

Christine Nikky Harradine

Has successfully completed ViPR face-to-face training

11th October 2012

Fitness Professionals congratulates you on your commitment to your
professional development

Brent Hall
Brent Hall
Executive Director
Fitness Professionals

Michol Dalcourt
Michol Dalcourt
FitPro Trainer

POWERED BY **fitpro**

BOSU®



BOSU Specialty Course



Provider No. CEP 16972
Credits 0.5



Certificate of Completion

This document certifies that the below participant has successfully completed the BOSU Specialty Course.

Participant Name: **CHRISTINE NIKKY HARRADINE**

Date: **14th October 2012**

Rania Boucher
Course Director



This is to Certify That

NIKKY CHRISTINE HARRADINE

Has Successfully Completed a
Training Course
in

**CARDIOPULMONARY
RESUSCITATION (CPR)
AND
AUTOMATED EXTERNAL
DEFIBRILLATOR (AED)**

Conducted on 20th October 2012

RMK Experts
Dr. Rafiq Al Khatib



CERTIFICATE

SUSPENSION TRAINING® COURSE

L1

TRX® | CERTIFICATE OF COMPLETION

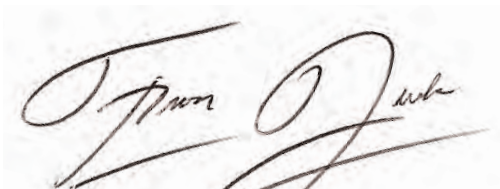
This document verifies that the below participant has successfully completed the TRX® Suspension® Training Course (L1).

Christine Nikki Harradine

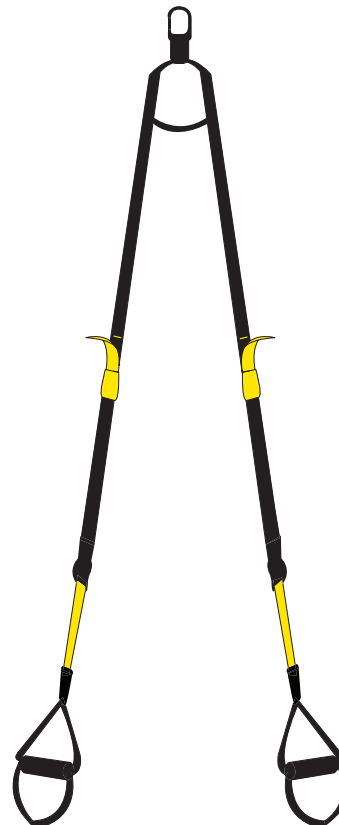
PARTICIPANT NAME

November 03, 2012

DATE



FRASER QUELCH
Head Coach and Director of Training and Development



PROVIDER NO. CP164268
Credits: 0.7



PROVIDER NO. 20100048
Credits: 5.5



PROVIDER NO. RCEC 21157
Credits: 7



Credits: 7



PROVIDER NO. G1023
Credits: 0.8



PROVIDER NO. P-0003
Credits: 3.5



PROVIDER NO. 5540
Credits: 7



PROVIDER NO. 407
Credits: 0.7



PROVIDER NO. 110
Credits: 0.8



Credits: 4



PROVIDER NO. 91005FA1111
Credits: 7



PROVIDER NO. KAP1750
Credits: 2



Credits: 8



PROVIDER NO. FTRX1102
Credits: 8



PROVIDER NO. FH1001
Credits: 8



The Professionals of Fitness

Certificate of Completion

This Certifies That

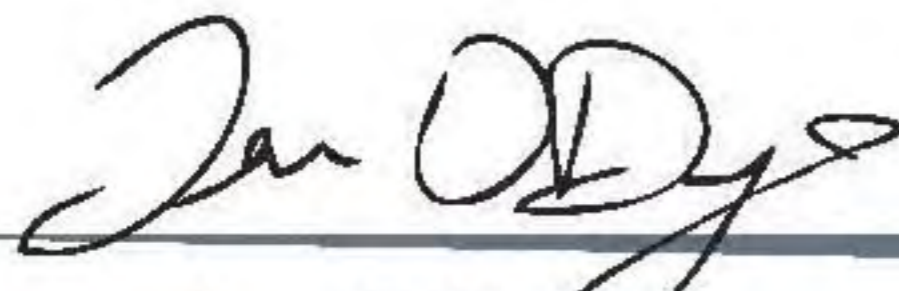
Nikky Harradine

Has Completed the



Bridging Workshop

November 24, 2012



Ian O'Dwyer



Scott Hopson



Rodney Corn



Robert Cappuccio



Michol Dalcourt

24th Nov. 2012
From 9 to 5pm

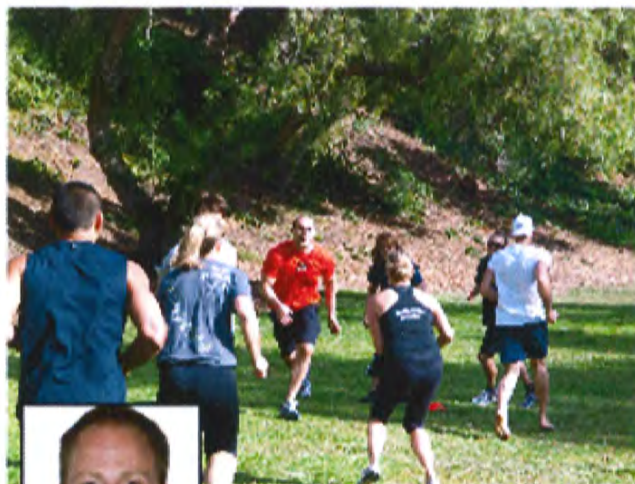
The Bridging Workshop



Join PTA Global in discovering performance driven solutions to expand your functional knowledge and retain clients by meeting them where they need to be met! Stand out from the rest and build your client base with PTA Global, the leader in professional fitness development. This all encompassing, hands-on, 8-hour workshop delivers all the crucial components to empower you with the skills to move your clients toward success. It follows the PTA Global philosophy of "Systems, Sciences and Tools."

Learn from the best and bridge your gap between good and great!

What's In A Day



Join us with Scott Hopson co-founder of PTA Global and global coach and educator in the fitness and performance industries. PTA Global has developed the most cutting edge and comprehensive education in the industry specifically designed to give personal trainers necessary tools to immediately impact their career. As we launch PTA Global into the Middle East, be the first to take advantage of this unique opportunity to work with the World's most progressive health & fitness educators.

- » Program Design Questionnaire
- » Creating & Manipulating 3D Movement (3DC)
- » Functional Anatomy
- » Exercise System Development
- » Mobilizers
- » C.R.A.Q.S.
- » Q & A and Reflection

AED 1,100

Bridging Live Workshop Agenda



9:00-9:15	Introduction
9:15-10:00	Motivation System Behavior and Communication Sciences <u>Activity:</u> PDQ
10:00- 10:55	Movement System Functional Anatomy (5 Lines) <u>Activity:</u> Pick a movement for each line
10:55- 11:05	BREAK
11:15- 12:15	Movement System 3 Dimensional Checkpoints <u>Activity:</u> 3DC Styles
12:15-1:15	LUNCH
1:15-2:15	Programming System Energy System Development: Gears & Goals
2:15-3:15	Programming System Mobilizers/MCRAQS
3:15- 3:25	BREAK
3:25- 4:25	PLAY OUT <u>Activity:</u> Class created program using PDQ, matching the PDT Utilizing MCRAQS, GEARS & GOALS, & 3DC
4:25- 5:00	Summary/ Expectations/Closing/What's Next/Photo

Program Design Questionnaire (PDQ)

STEP 1 Exploration Questions: GOAL	STEP 2 Criterion Questions: STYLE
<ul style="list-style-type: none"> • What are your expectations of the next hour you will spend with me? • What outcomes are you looking to experience as a result of your exercise program? • What is the single most important goal for you to achieve with your exercise program? <ul style="list-style-type: none"> • Weight loss; sport performance; injury re-hab; health = Progressive • Gain muscle / tone & firm = Traditional • In what time frame do you expect to achieve your goal? • How much time per day are you willing to engage in activity that augments your training goals? (e.g. Daily walks, using the stairs, flexibility, home exercise) • Are all the aspects of your workout (where, what time, how long, etc.) completely up to you or is someone or something else a consideration when designing your program variables? <hr/> <p><u>Determining the best PTA Global GOAL:</u> Gain muscle / Tone = Lean Body Mass; Weight loss = Weight Loss Improve Health, Overcome injury = Wellness Improve sport / leisure performance = Sports Conditioning</p>	<ul style="list-style-type: none"> • Is it more important for you to continually feel challenged or to feel structured during your workouts? Challenged = Progressive Structured = Traditional • When you need to reduce stress do you ideally enjoy activities that are exciting, adventurous and give you a chance to blow off steam, or activities that are practical and relaxing? Adventurous = Progressive Practical = Traditional • Do you enjoy exercise more when it involves a routine that you can adhere to or one that offers variety? Variety = Progressive Routine = Traditional <p>Does your occupation...</p> <ul style="list-style-type: none"> • Require extended periods of sitting? Y or N Y = Progressive • Require repetitive movements throughout the day? Y or N Y = Progressive • Cause you anxiety or mental stress? Y or N <p style="text-align: right;">If yes on a scale of 1-10, 8 or above = Progressive</p> <hr/> <p><u>SCORING for STYLE</u> 5 out of the 7 of preference questions either Progressive or Traditional, that will become his/her designated program style. Below 5 = Hybrid program.</p>
<p style="text-align: center;">STEP 4 Motivational Interviewing: MOTIVATION about GOAL</p> <ul style="list-style-type: none"> • Why is this goal most important to you? • If you don't make these changes and stay the way you are or regress in your health and fitness, how would that affect your life? What consequences could occur? • When you do successfully reach your goal(s), in what way(s) will life be different? What benefits are most important to you? • On a scale from 1-10 how important is it for you to make those changes right now? Why is it not a 2 or a 3? What would it take to make it a (go one number higher, e.g. if the member said 6 inquire about a 7)? • Do you believe you can make these changes? • On a scale from 1-10 how confident are you? What would it take to make it a (one level higher)? • Are you ready and willing to change at this time? • In what ways do you believe I can help you? 	<p style="text-align: center;">STEP 3 Investigative Questions: LEVEL</p> <ul style="list-style-type: none"> • Would you say that your work is active, sedentary or physically strenuous? Sedentary = 0 points; Active = 1 point; Strenuous = 2 points • What hobbies do you enjoy? Active hobbies (e.g. gardening) = 1 point; Inactive hobbies (e.g. stamp collecting) = 0 points • Do you regularly participate in recreational activities? Is that monthly, weekly or more frequent? No = 0 points; Weekly = 1 point; 5x per wk or more = 2 points • What type of exercise program are you currently participating in? Currently exercising = 2 points; Have in past or Never exercised = 0 points <hr/> <p><u>POINTS / SCORING for LEVEL</u> 0-2 = Lead-off (Beg); 3-5 = Transitional (Int) ; 6+ = Go-ahead (Adv)</p>

GREEN (STEP 2) = questions relating to clients Training STYLE – Progressive, Traditional or Hybrid
BLUE (STEP 3) = questions relating to clients ability LEVEL – Lead-off, Transitional or Go-ahead
RED (STEP 4) = Helpful information

3D Checkpoints

Environment	Beg Position	Driver	Triangulation (Direction, Height, Distance)	Action
Surroundings, equipment & tools	Position of person relative to environment	What's moving and how relative to the Beg. Pos.	Where precisely the driver(s) are going in 3-D space	Desired motion & participation parameters
<p>Surroundings</p> <ul style="list-style-type: none"> • Open room (default) • Park / field • Pool • Playground • Machines • Cable-based units • Squat rack • Lifting platform <p>Equipment</p> <ul style="list-style-type: none"> • Tubing • BBs • DBs • MBs • KBs • Sandbells • ViPR™ • Tires • Ropes • Weight plates • Vibration <p>Tools</p> <ul style="list-style-type: none"> • Bench • BOSU • Stability ball • Slide discs • Balloons • Balls (F-ball, T-ball, etc.) • Speed ladder • Jump ropes • Cones 	<p>Position</p> <ul style="list-style-type: none"> • Supine <ul style="list-style-type: none"> ○ Bent knee ○ Straight knee ○ Incline / decline • Prone <ul style="list-style-type: none"> ○ Hands & knees ○ Elbows & knees ○ Hands & feet ○ Elbows & feet ○ Incline / decline • Side <ul style="list-style-type: none"> ○ Elbow & knee ○ Hand & knee ○ Elbow & feet ○ Elbow & foot ○ Hand & feet ○ Hand & foot • Seated <ul style="list-style-type: none"> ○ Trunk variations ○ SFT Syntax • Kneeling <ul style="list-style-type: none"> ○ Double ○ Split ○ SFT Syntax • Standing <ul style="list-style-type: none"> ○ SFT Syntax • Single-leg balance <p>Orientation</p> <ul style="list-style-type: none"> • Position of body relative to environment <p>Stance</p> <pre style="margin-left: 40px;"> S E I X X X R W I L N E </pre> <p>Examples: RXX = right foot forward LWI = left foot forward, feet wide and internally rotated</p>	<ul style="list-style-type: none"> • Hands <ul style="list-style-type: none"> ○ Bilateral ○ Alternating ○ Reciprocating ○ Unilateral • Elbows <ul style="list-style-type: none"> ○ Bilateral ○ Alternating ○ Reciprocating ○ Unilateral • Shoulders <ul style="list-style-type: none"> ○ Alternating ○ Reciprocating ○ Unilateral • Feet <ul style="list-style-type: none"> ○ Alternating ○ Reciprocating ○ Unilateral • Pelvis/Hips <ul style="list-style-type: none"> ○ Alternating ○ Unilateral • Trunk • Head • Eyes 	<ul style="list-style-type: none"> • Direction of motion <ul style="list-style-type: none"> ○ Sagittal ○ Frontal ○ Transverse ○ Any variation • Horizontal distance <ul style="list-style-type: none"> ○ Initial ○ Mid ○ End • Vertical height <ul style="list-style-type: none"> ○ Floor ○ Ankle ○ Knee ○ Hip ○ Chest/shoulder ○ Head ○ Overhead ○ Other designated 	<p>Motions</p> <ul style="list-style-type: none"> • Tap / Throw / Catch / Catch & Throw • Jump, Jop, Hump, Hop • Reach, Lunge, Walk, Jog, Run • Skip, Shuffle, Skuffle, Carioca • Crawl - upper body only (slide discs on feet) Wheel-barrel • Crawl - lower body only (slide discs on hands) Mountain Climber • Crawl – total body (hands & knees, hands & feet) • Roll – forward, backward, side, oblique • Thrust • Squats • Step-ups • Presses • Push-ups • Flies • Pulls • Raises • Lifts • Curls <p>Participation Parameters</p> <ul style="list-style-type: none"> • Chains – whole group perform activity in a line • Trains – whole group perform activity in a moving line • Races – individual challenge with self or group • Relays – team challenge with self or group • Medleys – individual and/or team challenge involving multiple tasks

*Adapted from and applied with the Gray Institute's Functional Nomenclature & Syntax (www.grayinstitute.com)

PTA Global: Gears & Goals

GEAR	HR % * (VO2%)	Energy System	Non-stop, Non-refuel Duration Limit (minutes)	Per Bout Duration (seconds)	Goals				
					R&R	HR Rec	Card End	Card Str	Spec Pwr
1	50-60 (20-36)	M. Glycogen / FA (Aerobic)	3,000	240+					
2	60-70 (36-52)	M. Glycogen / Lactate (Aerobic)	45-90	120-240					
3	70-80 (52-67)	M. Glycogen / Lactate (Aerobic / Ana)	30-45	45-120					
4	80-90 (67-83)	ATP-PC / M.Gly (Anaerobic)	10-20	20-45					
5	90-100 (83-100)	ATP-PC (Anaerobic)	1-5	1-20					

R&R = Recovery & Regeneration; **HR Rec** = Heart Rate Recovery; **Card End** = Cardiac Endurance; **Card Str** = Cardiac Strength; **Spec Pwr** = Specific Power

CrossFit[®]

TRAINING

THIS CERTIFICATE OF ATTENDANCE IS AWARDED TO

Nikky Harradine

FOR SUCCESSFUL COMPLETION OF
THE CROSSFIT MOBILITY COURSE.



Greg Glassman, CEO
CrossFit, Inc.

JANUARY 24 2013
DATE OF ISSUE

TRX® | QUALIFIED

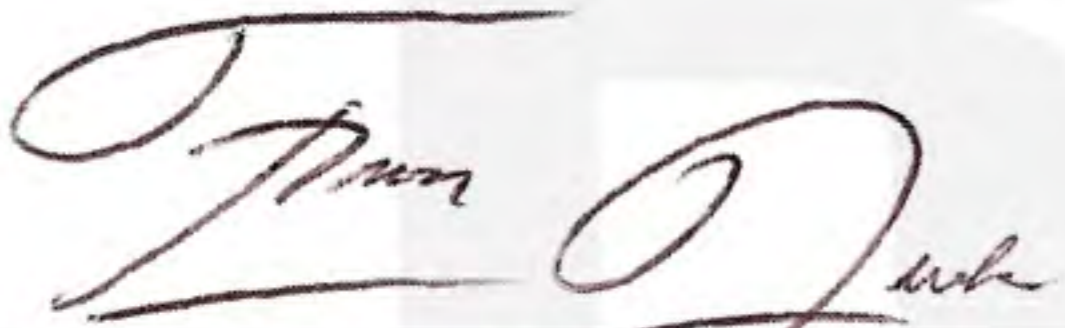
This document verifies that the below participant has successfully completed the
RIP® TRAINING COURSE L1

Christine Nikki Harradine

PARTICIPANT NAME

April 06, 2013

DATE



FRASER QUELCH
Head Coach and Director of Training and Development



PROVIDER NO. CEP29781
Credits: 0.8



PROVIDER NO. 407
Credits: 0.8



PROVIDER NO. FTRX1101
Credits: 8.0



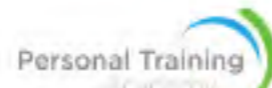
PROVIDER NO. 20100046
Credits: 7.0



Credits: 4.0



Credits: 7.0



Credits: 7.0



PROVIDER NO. 03234FA
Credits: 7.0



PROGRAM BOOK

18th - 19th April 2013

me**fit** PT SUMMIT



Inspire | Create | Believe | Achieve

Organized by:

MEFITPRO
WORLD CLASS FITNESS SOLUTIONS

Sponsors



Media Sponsors



SESSION SCHEDULE

THURSDAY 18th April 2013			
Timing	Room 1	Room 2	Room 3
		Business Summit	PT Summit Theory
9:00 - 10:00	Jan Middelkamp 50 ideas for more profit in fitness clubs	Hayley Hollander Movement 101	Chris Quint Trigger Point - The Ultimate 6
10:15 - 11:15	Lesley Atkins Selling Memberships - The easy way	Pete Cohen Discovering the Secrets of Will Power	Adam Daneil ViPR-Small Group Training
11:30 - 12:30		Hayley Hollander Change the game not the player	Brian Cochrane The importance of the foot and lower leg in biomechanics:
LUNCH BREAK 12:30 - 13:30			
13:30 - 14:30	Pete Cohen For Club managers Coaching the coaches	Lesley Atkins Marketing your club.	Hayley Hollander Creating a fun and competitive environment for small group and team training
14:45 - 15:45	Jan Middelkamp European and sytematic approach to member retention in fitness clubs	Adam Daniel Building a Successful Small Group Training Business	
16:00 - 17:00	Hayley Hollander Trainer's Pot of Gold - Client Retention	Marcus Smith Getting more out of life	Brian Cochrane Athletic Bodyweight Conditioning
17:15 - 18:15	Jan Middelkamp PT Mangement	Pete Cohen Weight Loss - The Untapped market	Douglas Heel How your clients performance is directly related to their sequence

SESSION SCHEDULE			
Timing	FRIDAY 19th April 2013		
	Room 1	Room 2	Room 3
	Nutrition	PT Summit Theory	GPT Summit Practical
9:00 - 10:00	Pete Cohen How to Win at Weight Loss	Lesley Atkins Selling Personal Training	Rania Boucher 30 Minutes that will last a Lifetime
10:15 - 11:15	Olivier L. Structural balance for optimal performance	Adam Daneil To Barefoot or Not to Barefoot?	Hayley Hollander Introduction to ViPR athletic and 3D
11:30 - 12.30	Erik B. Olympic lifting – a sport for other sports	Brian Cochrane Trigger Point Performance for Crossfit athletes	Hayley Hollander The Power of Play
LUNCH BREAK 12:30 - 13:30			
13:30 - 14.30	Rania Boucher Love doesn't need handles! (21 day GRIT Nutrition Challenge)	Hayley Hollander Are you all gunked up? Creating instant change in the body.	Chris Quint SMRT – Clean your teeth mentality
14:45 - 15:45		Douglas Heel Let's get Activated!	Linda Chambers TRX for Small Group Personal Training (GSTC)
16:00 - 17:00	Rob Richards How to generate secondary revenues through new tech. and functional training	Adam Daneil Effective Non Verbal Communication	Brian Cochrane Fundamentals of padwork for successful boxing training:
17:15 - 18:15	Sponsor Session	Hayley Hollander Fantastic & Fun... Cardio? Nah, it can't be fun if its cardio!	

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CERTIFICATE OF ATTENDANCE

Name **Nikky Harradine**

Venue **Dubai – The Repton School**

has attended the Bronze XLR8[®] Training Course

Signed

Date

December 2013

REGISTRATION NUMBER:

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Saturday 23rd November 2013

Venue: Repton School Sports Hall

Time: 9am to 5pm



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ขอแสดงความยินดี

.....*Nikky Harradine*.....

สำหรับการเสร็จเรียบร้อยแล้ว ประเทศไทย 2014 Bootcamp



Bootcamp manager:.....*Sharon Smith*.....

Bootcamp PTI:.....*Steve P*
Steph C.....
Steph C *Steve P* *Steph C*

Dated:.....*31 Oct 14*.....

G.I. Jane Bootcamp Ltd; 249 Broadway, Bexleyheath, Kent DA6 8DB
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Steve Penberthy

Steph Collins

Signed by FitClub Head Fitness Trainers