

+

# JUSTIN'S INTRODUCTION

+





姓名: Justin

ASCA/WSCA大中華區代表成員、卡拉蒂水上運動創辦人

基本資質：

世界商務策劃師聯合會企劃師認證

(World Business Strategist Association, WBSA)

世界游泳教練協會Level 4教練證書認證

(World Swimming Coaches Association, WSCA)

美國游泳隊游泳教練認證

(USA Swimming Foundations of Coaching 101, 201,

USA Swimming Core, ADM Age Group, and Senior Certification)

美國游泳隊俱樂部領導與管理

(USA Swimming Cub Leadership and Business Management 101)

美國游泳教練協會Level 5教練證書認證

(American Swimming Coaches Association, ASCA Level 5)

美國反興奮劑機構運動營養

(TrueSport & USADA Educate on the Risks of Dietary Supplements)

美國安全運動訓練認證

(USA SafeSport Trained)

澳大利亞游泳教練&教師協會 (ASCTA) 嬰幼兒游泳教練

(Australian Swimming Coaches & Teachers Association

(ASCTA) for Baby Swimming)

國際游泳救生員證書認證。

中華民國游泳協會游泳教練證書認證。

中華民國游泳裁判證書認證。

中華民國游泳救生員證書認證。

美國戴爾卡內基訓練-高效經理人

美國戴爾卡內基訓練-商業簡報

經歷：

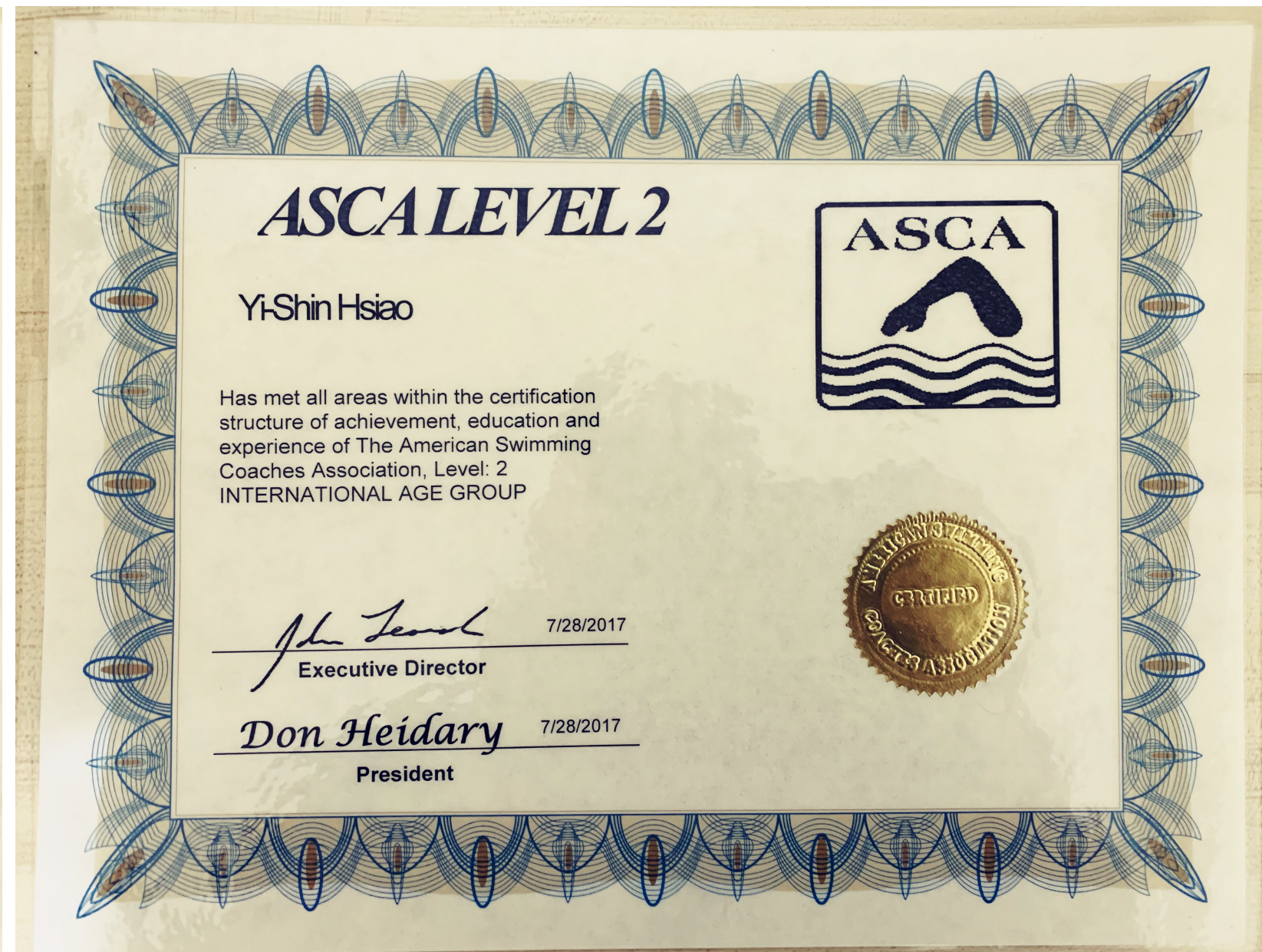
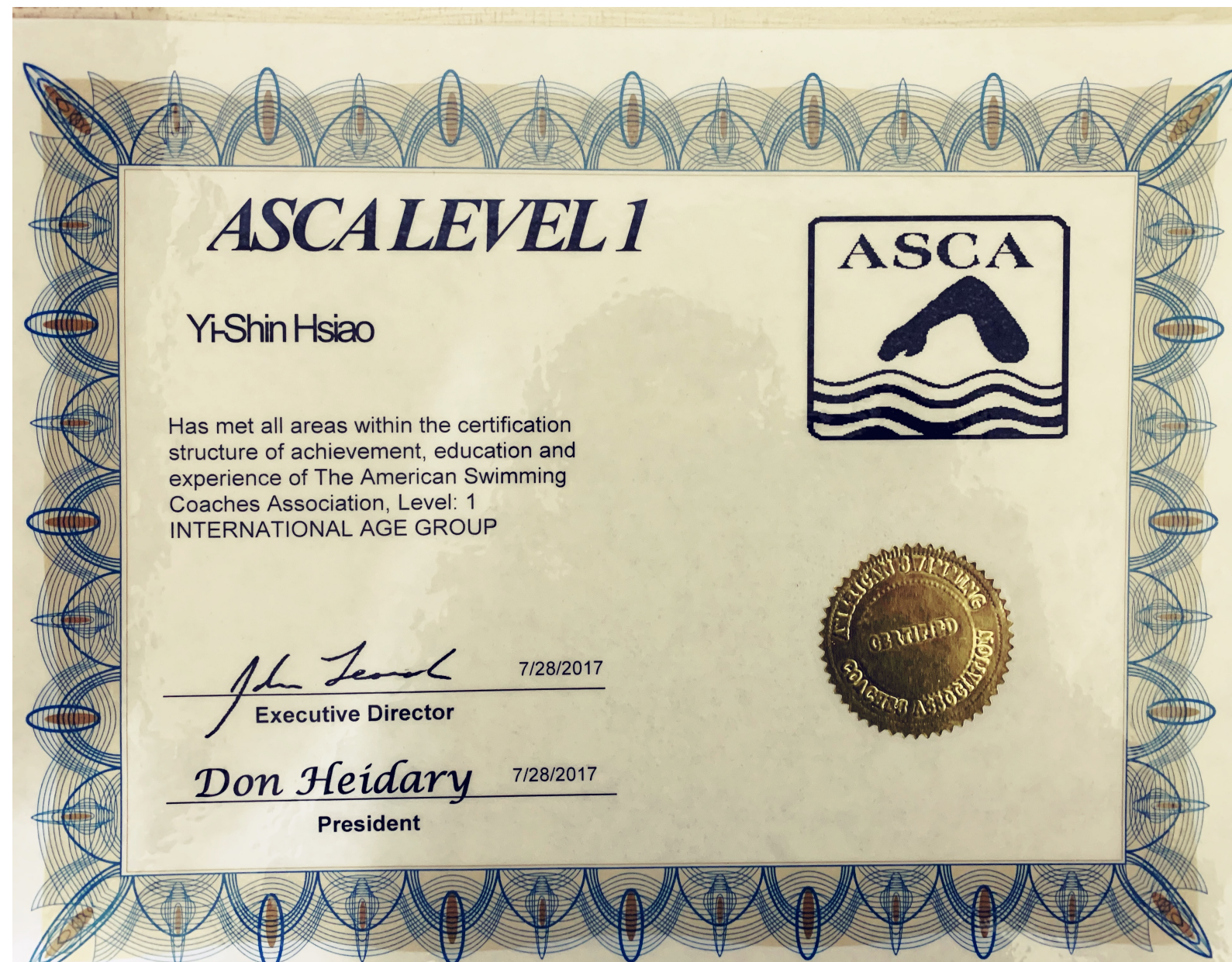
美國游泳教練協會ASCA大中華培訓主辦單位

北京加拿大國際學校-游泳教練

台北美國學校-游泳教練

台灣大學-游泳教練





## Justin's Swimming Coach

# LICENSE

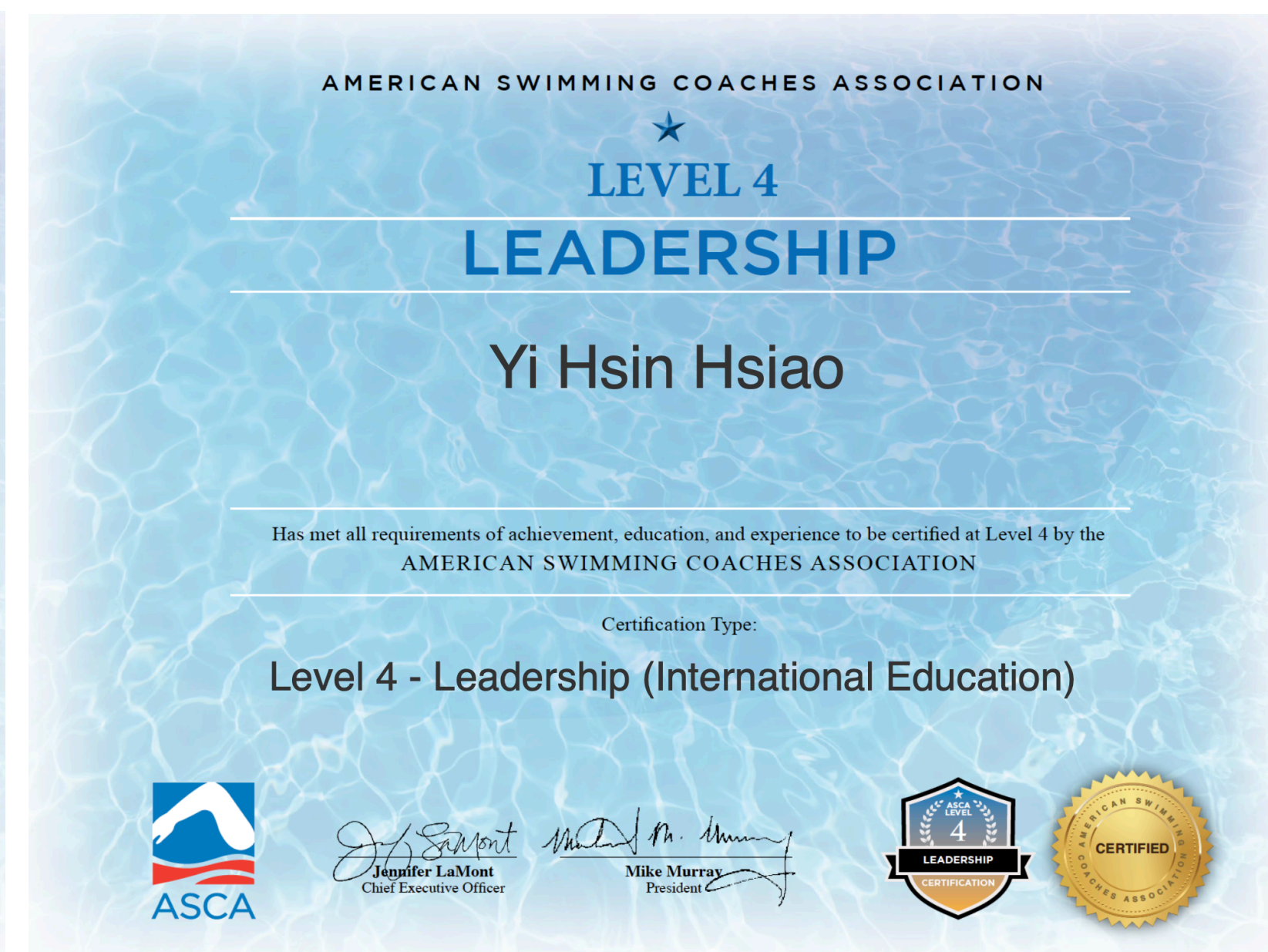
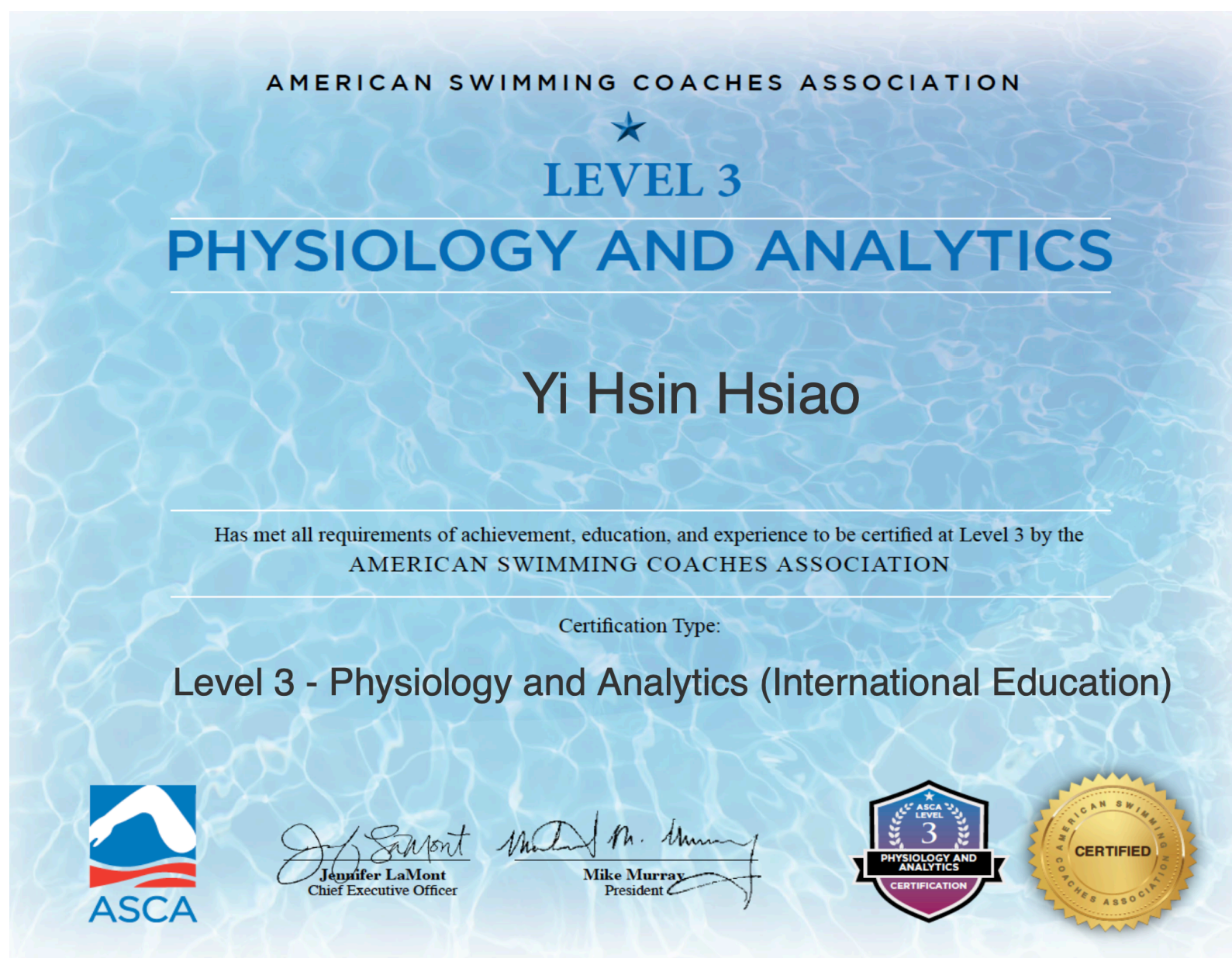
American Swimming Coaches Association (ASCA) Swimming Coach Level 1.2.3.4.5

USA Swimming Foundations of Coaching 101, 201

USA Swimming Core, ADM Age Group, and Senior Certification

USA Swimming Cub Leadership and Business Management 101

Australian Swimming Coaches & Teachers Association (ASCTA) for Baby Swimming





AMERICAN SWIMMING COACHES ASSOCIATION



# CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS PRESENTED TO

**Yi Hsin Hsiao**

For Successfully Completing the  
American Swimming Coaches Association's

**Level 5 - Administration (International)**

Saturday, August 26, 2023

DATE



[www.swimmingcoach.org](http://www.swimmingcoach.org)

  
Jennifer LaMont  
Chief Executive Officer

Justin's Swimming Coach

# LICENSE

American Swimming Coaches  
Association(ASCA) Swimming Coach Level

1.2.3.4.5

USA Swimming Foundations of Coaching

101, 201

USA Swimming Core, ADM Age Group,  
and Senior Certification

USA Swimming Cub Leadership and

Business Management 101

Australian Swimming Coaches & Teachers  
Association(ASCTA) for Baby Swimming



*Certificate of Completion*



**YI SHIN HSIAO**

*has successfully completed*

**Foundations of Coaching 101**

Date of Completion: 03/21/2022

*Certificate of Completion*



**YI SHIN HSIAO**

*has successfully completed*

**Foundations of Coaching 201**

Date of Completion: 03/21/2022

**Justin's Swimming Coach**

**LICENSE**

**American Swimming Coaches Association(ASCA) Swimming Coach Level 1.2.3.4.5**

**USA Swimming Foundations of Coaching 101, 201**

**USA Swimming Core, ADM Age Group, and Senior Certification**

**USA Swimming Cub Leadership and Business Management 101**

**Australian Swimming Coaches & Teachers Association(ASCTA) for Baby Swimming**

*Certificate of Completion*



**YI SHIN HSIAO**

*has successfully completed*

**Club Leadership and Business Management 101**

Date of Completion: 03/22/2022



THIS CERTIFIES THAT

**YI SHIN HSIAO**

Has successfully met the requirement established by the World Swimming Coaches Association, and has therefore been awarded the

**WSCA ELITE LEVEL 4**

Issue Date: 03/25/2022

**DR. JON RUDD**  
PRESIDENT

**MERIEM KEBBAB**  
EXECUTIVE DIRECTOR





USA SWIMMING HEREBY RECOGNIZES

**Yi Shin Hsiao**

FOR THE SUCCESSFUL COMPLETION OF  
**Core Certification - Full Course**

COMPLETED ON  
**2023-05-08**

Core Module 1: The Qualities of an Effective Coach  
Core Module 2: Foundations for Developing Athletes  
Core Module 3: Furthering Athlete Development  
Core Module 4: Evaluating your Season  
Core Module 5: Your Professional Journey

**USA SWIMMING UNIVERSITY**



USA SWIMMING HEREBY RECOGNIZES

**Yi Shin Hsiao**

FOR THE SUCCESSFUL COMPLETION OF  
**ADM Age Group Certification - Full Course**

COMPLETED ON  
**2023-08-09**

ADM Module 1: The ADM Coach  
ADM Module 2: Progressions in the ADM  
ADM Module 3: Age Group

**USA SWIMMING UNIVERSITY**



USA SWIMMING HEREBY RECOGNIZES

**Yi Shin Hsiao**

FOR THE SUCCESSFUL COMPLETION OF  
**ADM Senior Certification - Full Course**

COMPLETED ON  
**2023-08-10**

ADM Module 1: The ADM Coach  
ADM Module 2: Progressions in the ADM  
ADM Module 3: Senior

**USA SWIMMING UNIVERSITY**



HEREBY RECOGNIZES

**Yi Shin Hsiao**

FOR THE SUCCESSFUL COMPLETION OF:  
**SafeSport Trained**

COMPLETION DATE:  
**04/20/2023**

95c4a4ee-969c-4f9d-bf1c-517f4cc6862d



## Justin's Swimming Coach

# LICENSE

American Swimming Coaches Association(ASCA) Swimming Coach Level 1.2.3.4.5

USA Swimming Foundations of Coaching 101, 201

USA Swimming Core, ADM Age Group, and Senior Certification

USA Swimming Cub Leadership and Business Management 101

Australian Swimming Coaches & Teachers Association(ASCTA) for Baby Swimming





USA SWIMMING HEREBY RECOGNIZES  
**Yi Shin Hsiao**

FOR THE SUCCESSFUL COMPLETION OF  
**Rules and Regulations for Coaches Exam**

COMPLETED ON  
**2023-04-27**

**USA SWIMMING  
UNIVERSITY**



USA SWIMMING HEREBY RECOGNIZES  
**Yi Shin Hsiao**  
justin10060220@gmail.com

FOR THE SUCCESSFUL COMPLETION OF  
**USADA Coach's Advantage Tutorial**

COMPLETED ON  
**2023-08-17**

**USA SWIMMING  
UNIVERSITY**

Justin's Swimming Coach

# LICENSE

American Swimming Coaches  
Association(ASCA) Swimming Coach Level  
1.2.3.4.5

USA Swimming Foundations of Coaching  
101, 201

USA Swimming Core, ADM Age Group,  
and Senior Certification

USA Swimming Cub Leadership and  
Business Management 101

Australian Swimming Coaches & Teachers  
Association(ASCTA) for Baby Swimming



## Certificate of Completion

This is to certify that  
**YI SHIN HSIAO**  
has successfully completed  
**The Story Behind Supplements**

TrueSport, powered by the U.S. Anti-Doping Agency (USADA), is a movement that seeks to ensure a positive youth sport experience. You have gained skills to be a leader both on and off the field by learning how to

navigate and educate on the risks of dietary supplements..

Course completion date: 6/23/2023



www.TrueSport.org



# 美國游泳教練協會

美國游泳教練協會 American Swimming Coaches Association (ASCA) 至今已有27年歷史，是美國三大游泳教練認證機構之一，也是其中最積極開展國際游泳教練培訓及進行認證計劃開發的機構，以提供全世界最好的游泳教練教育培訓為目標。

ASCA頒發的教練認證受到美國游泳相關專業的普遍認可。除美國外，大部分英語系國家的游泳協會也承認ASCA國際教練認證。

美國著名游泳名將麥可·菲爾普斯的教練鮑伯·包曼 (ASCA董事會成員) 以及號稱「女飛魚」的教練米西·富蘭克林均出自ASCA教練認證機構，是ASCA最高級別教練五級(五星級)教練認證。





# ASCA IN USA

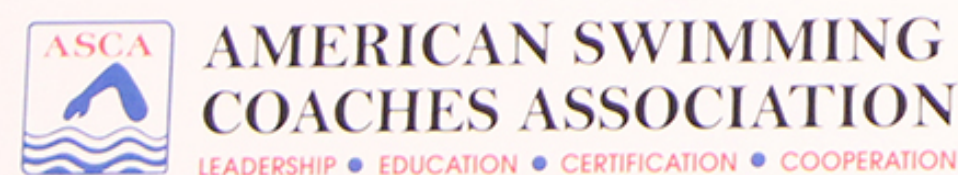
**1級教練**基本上是入門級教練，具有最低經驗和基本教育水平，包括ASCA / USA SWIMMING的1級教練基礎課程。1級教練通常在3級或更高級別教練的指導下作為助理教練。

**2級教練**通常有一年或更多的經驗，並已完成1級課程和2級卒中學校。2級教練通常被安排為年齡組教練，高級助理教練，有時還擔任小型項目的主教練。

**3級美國教練**通常已經執教3年或更長時間，完成了ASCA 3級游泳生理訓練課程認證，並在國家級別的游泳運動員方面取得了成就。三級教練通常被安排作為大型項目的主要年齡組教練，或者作為小型到中型項目的主教練。

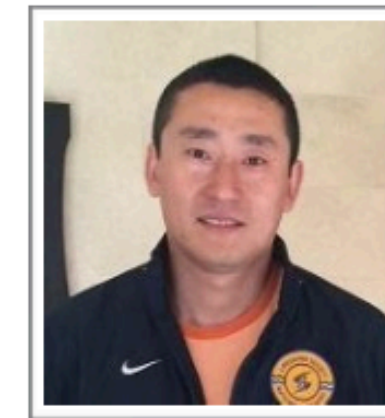
**4級美國教練**通常被安排為中到大型游泳俱樂部的主教練。他們已經在高級教練，並成就40名十大年齡組，或所有美國進前20名高中選手，或20名大學所有美國選手中進入決賽。4級教練通常已經執教10年或更長時間並且已經完成了4級領導學的課程認證。

**5級美國教練**通常被安排為重要游泳俱樂部或大學隊的主教練。他們創造了最高級別的決賽選手。他們代表了我們美國教練中最優秀的教練。





# From USA Swimming Educational Institution-DIG-Will Recommendation Letter



Will Wang

March 18th, 2019

To Whom It May Concern

My name is Will Wang. I am the Chief Operating Office of Dive In Gear, LLC (DIG) a professional aquatics education, coaching conference and swimming training camp facilitator and provider.

I am writing this letter as a reference for coach Justin Hsiao. Justin has been working for DIG as the Assistant Regional Project Manager for the past three years in China. As a company staff member, I can say enough how reliable and trustworthy he is. On numerous occasions Justin handled company affairs with great diligence and the upmost care. Coach Justin is also remarkably approachable and possesses a calm manner which makes him a very likable and easy to work with.

Furthermore, as a swim coach, Justin is an ASCA-certified Level 4 coach and has worked with kids varying in levels and skills. His knowledge in swimming coaching and understanding is beyond his age, yet he is always humble and willing to learn. I will not hesitate to give my recommendation for any coaching position he seeks and am very confident he will be a valuable member of his new team. Please feel free to get in touch if you'd like further comments on Coach Justin.

Will Wang







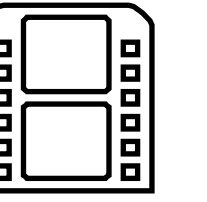
# STORY

---

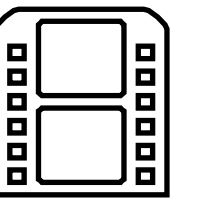
**One sunny afternoon nearly 4 years ago while enjoying some sun after a swim at the National Taiwan University swimming pool, a friendly swimming coach braved talking to me a foreigner he had never seen before. That was the beginning of a close friendship with Justin that continues to this day. Not long after this he invited me to participate in his newly formed swimming team which eventually grew in number to over several hundred swimmers, old and young. Justin's friendly countenance plus his excellent swimming coaching skills benefitted and inspired us all. After 3 months I moved to YiLan then TaiNan but continued to participate in his swim meets whenever possible. Now that he is in Beijing we don't see each other as often but do keep in touch. I to this day value his friendship and feel happy that swimmers in Beijing now have the same opportunity to get to know and appreciate this special person.**

— Wayne









November 2017

November 2017

### Come Be the Best at What You Do?

ood your str...  
 have said:  
 When you're...  
 Hence, whe...  
 f you're loo...  
 y'll continuo...  
 oles, three f...  
 d. "Your sec...  
 u it's never...  
 the imposi...  
 intensity y...  
 o become t...

gy is, if you're not **skilled** at what you do, that strategy won't take you very far. **any amateur golfers think they need expensive clubs. But it's the swing that** confident about what you do and clear about where you're going, the right strategy our "why" is strong, you'll figure out "how." The how comes from the why. Not g for how to be successful, you're going about it all wrong. You're doing it for the y be left searching for the next patch of land to find gold. What will be left? An t from gold. If you know what you want and why you're doing it, you're not y is internal. You aren't worried about the outcomes because you already know ually been about the rewards. It's only and always been about seeing how far you e. About never stopping. Take everything external away and you're still going to always have. Give you everything—fame, money, whatever else—and it wont best at what you do:

at On Your...  
 and you can...  
 of you. If...  
 e you curre...  
 on of your...  
 w: that's y...

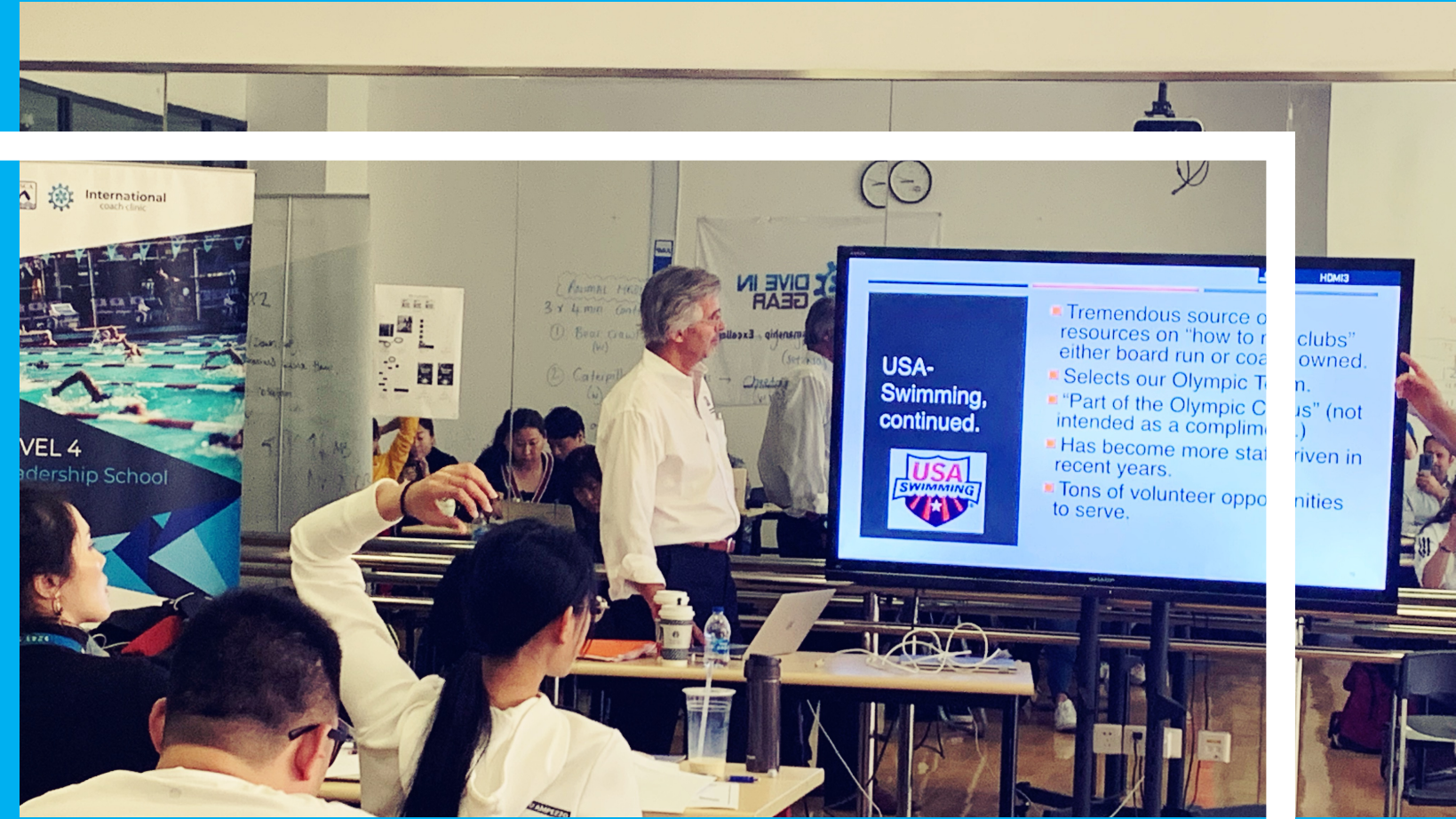
ake a living. Work hard on yourself and you can m...  
 y're not getting the results you're looking for...  
 y the person who would attract the lev...  
 er reality. As James Allen has said...  
 If you want something differen...

heir "job." That's all well and go...  
 20% of yo...  
 ent. This is...  
 ue rest is n...  
 r vision, sk...  
 to chop de...

ee and I will spend the first fo...  
 have developed true mastery. When you do, your work will...  
 clearer, and more powerful...  
 re an inner mess.

uations Others Can Only D...  
 ur talent. Lots of people h...  
 er put themselves in dem...  
 ns that create immense...  
 your weakness and small...  
 Changed. Better. You need to w...  
 You need to put your back against the...  
 w do you put yourself into these situatio...  
 "next" opportunity.

or "job" by providing actual value. You pitch ideas. You ask questions. You try and...  
 greater responsibility. "Leadership" is available to everyone. You just need to assume...  
 ht now, in whatever situation you're in. You do this enough, and continuously pitch...  
 opportunities. You then maximize those opportunities and more will come.  
 re you use them, rather than let them simmer, the more will come. Most people sit...  
 become stale. Similarly, most people sit on their opportunities too long and they



USA Swimming, continued.

- Tremendous source of resources on "how to..."
- either board run or cog...
- Selects our Olympic T...
- "Part of the Olympic C...
- intended as a complim...
- Has become more sta...
- recent years.
- Tons of volunteer oppo...
- to serve.



# JUSTIN'S MEMORY