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JUSTIN'S INTRODUCTION

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姓名: 蕭毅昕Justin

ASCA/WSCA/DIG大中華區代表成員、台灣游泳運動員、卡拉蒂水上運動創辦人、
泳動力量(Swim Power)總經理

基本資質：

世界商務策劃師聯合會企劃師認證 (World Business Strategist Association,WBSA)

世界游泳教練協會四級教練證書認證 (World Swimming Coaches Association, WSCA)

美國游泳教練協會四級教練證書認證 (American Swimming Coach Association) ASCA。

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。

中華民國體適能健身教練證書認證。

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

LEDER鐵人三項-游泳教練

個人成績：

2014全國分齡游泳錦標賽即國際邀請賽200米混合式銀牌。

2014全國分齡游泳錦標賽即國際邀請賽50米自由式金牌。

2014全國分齡游泳錦標賽即國際邀請賽50米仰式銀牌。

2016新北城市杯全國分齡游泳錦標賽50米自由式銀牌。

2016Mizuno杯全國分齡游泳錦標賽200米自由式銀牌。

2016運博分齡游泳錦標賽50米自由式金牌。

2016運博分齡游泳錦標賽50米蝶式銀牌。

2016運博分齡游泳錦標賽200米自由式金牌。

2016運博分齡游泳錦標賽200米混合式金牌。

美國游泳教練協會

美國游泳教練協會American Swimming Coach 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。



來自美國DIG水上運動教育機構推薦信



Will Wang

2019年3月18日

敬啟者

我叫Will Wang。我是美國Dive In Gear, LLC (DIG) 的首席運營辦公室，專業的水上運動教育機構，教練培訓和游泳訓練營的推動者和提供者。

我寫這封信作為教練賈斯汀蕭的參考。Justin過去三年一直在DIG擔任區域項目經理助理。作為一名公司員工，我能說他是多麼可靠和值得信賴。Justin曾多次以極大的勤奮和最細心的態度處理公司事務。賈斯汀教練也非常平易近人，擁有冷靜的態度，這讓他非常討人喜歡，也很容易合作。

此外，作為游泳教練，賈斯汀是ASCA認證的4級教練，並與不同水平和技能的孩子一起工作。他在游泳教練和理解方面的知識超出了他的年齡，但他總是謙虛並且願意學習。我會毫不猶豫地為他所尋求的任何教練職位提出建議，並且非常有信心他將成為任何新團隊的重要成員。如果您想進一步評論賈斯汀教練，請隨時與我們聯繫。

Will Wang

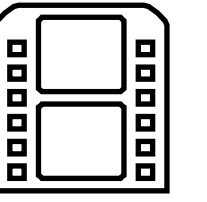


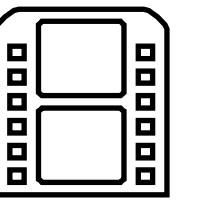


STORY

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

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Come Be the Best at What You Do?

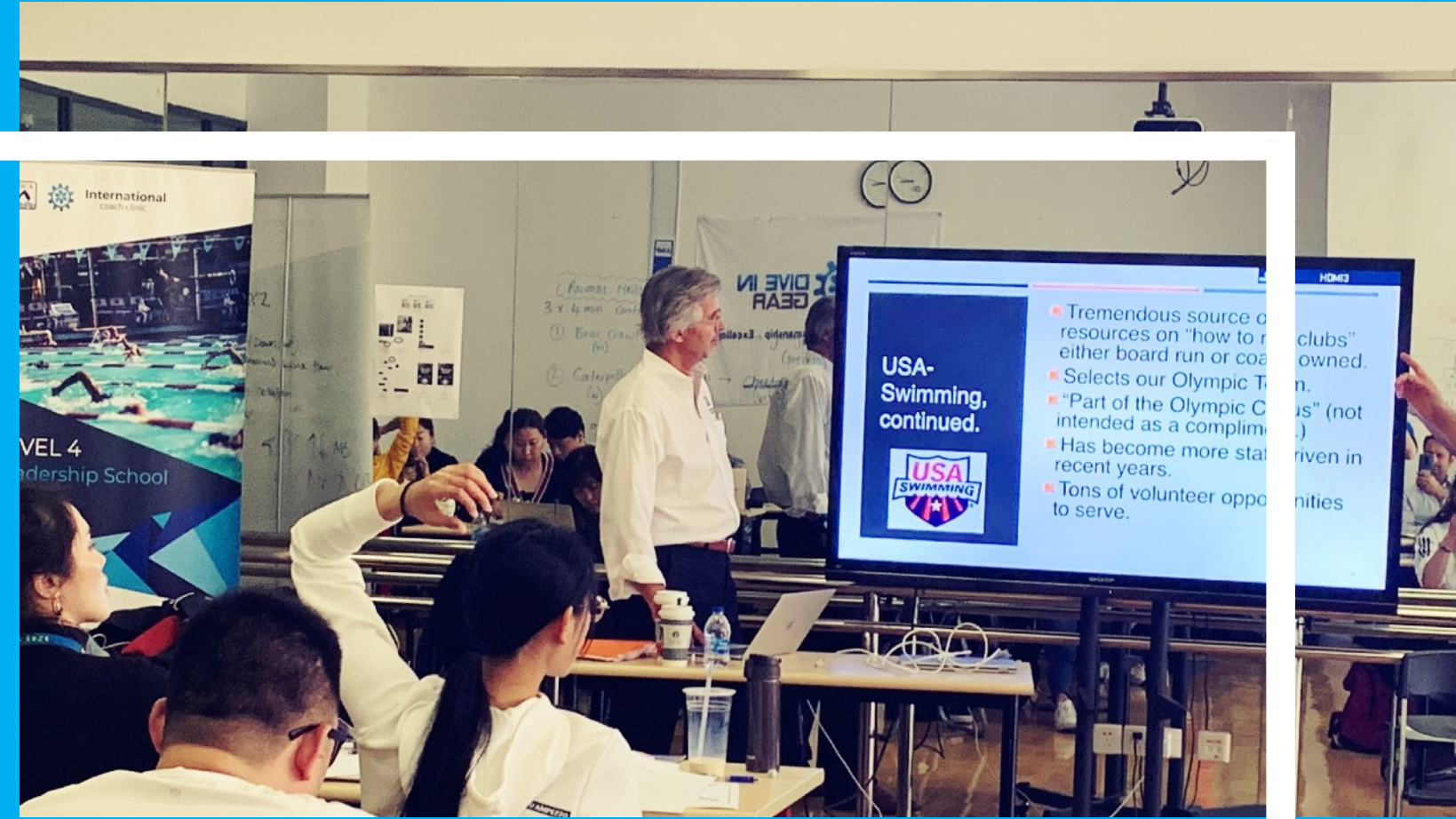
ood your str...
 have said: "When you're Hence, when you're looking for it's never the imposi... intensity y... to become t...

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 to become t... best at what you do:

at On Your...
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 w: that's yo...
 If you want something differen...
 their "job." That's all well and go...
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 ent. This is...
 ue rest is n...
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 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.

er self Into S...
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 or talent. Lots of people h...
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 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..."
- Selects our Olympic T...
- Part of the Olympic C... intended as a compli... (not...)
- Has become more sta... in recent years.
- Tons of volunteer oppo... to serve.



JUSTIN'S MEMORY