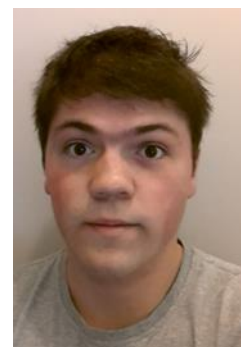


Alex GILOT  
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## **Education :**

2012/2013 :

French sports instructor's certificate in team sports, speciality Rugby Union, CFA Sport in Burgundy

2010/2011 :

Three-year university degree in Sports Sciences, coaching and physical préparation, speciality sevens Rugby and Rugby union University of Burgundy, France

French rugby trainer certificate for U8/U10/U12 team, Cote d'Or, France

French rugby trainer certificate for U16/U18 team, Côte d'Or, France

2009/2010 : Two-year university degree in Sports Sciences, University of Burgundy, France  
(physiology, psychology, children studies, anatomy, sport...)

2007/2008 : Baccalauréat Science with honors, Beaune, France (mathematics, physics, science and life on earth...)

## **Work experience :**

*Since 25/01/2014, rugby referee*

- Referee stagiaire (territorial match in Burgundy, referee for +18 men and women)
- Manager of school of refereeing to the Club Sportif Beaunois, France (formation of young referees in the club)

*Since 01/09/2011, Rugby trainer for the Club Sportif Beaunois, France*

- Head coach U16 team (planning of the season, physical preparation, preparation of the trainings, management of the group, development of the individual technique of the player ...)
- Physical preparer from U16/U18 team's players
- Rugby trainer at the sport section rugby of the club in secondary school
- Video analyst of senior men matches on Fédéral 2 with the coach of team
- Intervention in school to promote rugby (primary school, secondary school...)
- Many tasks for the smooth running of the club and its development (organization of tournament, search for sponsor, organization of internship during school holidays ...)
- External communication of the Club (facebook page, web site, youtube ...)

*From 01/09/2012 to 26/06/2014, member of sportive commission, territorial committee, Côte d'Or*

- Rugby trainer of the U15 department team at the time of the trainings and the matches, in collaboration with the Territorial Advisors Rugby of the department.
- Participation in the meetings and installation of projects for the detection of the young players of the department

*From 01/09/ 2012 to 03/08/14, sports teacher for the town of Beaune and it's surroundings, France*

- Animation of one hour and half per week on children of 3 and 4 years, cycle of motricity/baby gym
- Animation of one hour and half per week on children from 5 to 12 years, cycle of various sports (gym, baseball, soccer, hockey, roller, basket, running...)
- Animation during school holidays on children from 8 to 12 years on various sports (swimming, climbing, bowling, ultimate, gym...)

*From 16/09/2010 to 26/05/2011, Trainer of the team of rugby union and sevens rugby of the university of Burgundy,France*

- Coach of the team during the trainings and the tournaments under the supervision of the professor of rugby (semifinalist of the university French championship 2nd division)

*From 01/09/2010 to 03/07/2011, Rugby trainer of U15 team of the Club Sportif Beaunois*

- Assistant coach, conduct of sittings, coach of the team during tournaments

*From 02/09/2009 to 30/06/2010, Rugby trainer of the U13 team of the Rugby Club Dijonnais*

- Head coach U13 team (planning of the season, physical preparation, preparation and control of the trainings, management of the group...)

### **Skills :**

Use for the work the software Word/Excel/Power Point ; daily use internet ; manage a website  
Use of the software of video assembly Studio Pinnacle

### **Sport played :**

Rugby (From 1997 to 2014) :

- 1997/2002 : Teams U8 to U12, Club Sportif Nuiton, Burgundy (fédéral 3)
- 2002/2011 : Teams U13 to Sénior , Chagny, Burgundy (fédéral 3)
- 2008/2011 : Player on University team (rugby à 7 et à XV) University of Burgundy
- 2011/2014 : Teams Sénior , Beaune, Burgundy (fédérale 2)

### **Interest :**

The sport in general: I practise CrossFit assiduously, and I make also tennis, badminton, squash, jogging, bicycle, swimming, excursion...

I like to travel, discover our world, I'm open minded, I have some travel to my credit like Canada, South Africa, Scotland, Sweden.

### **References:**

Matthieu FLEURUS, my tutor and supervisor, second-level national sports instructor's certificate in rugby  
[matthieufleurus@wanadoo.fr](mailto:matthieufleurus@wanadoo.fr)

Karim MALEK,coach at the CSB, second-level national sports instructor's certificate in rugby  
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