

Andrea Wooles

Skills in high performance strategy, implementation, and dispute resolution, from ten years of in-depth involvement with Olympic sports and external sports agencies. Five years spent identifying gaps in support services for Great Britain Olympic Cycling Team and working as part of an integrated team to find practical solutions. Innovative and practical applied physiologist, with excellent range of scientific, organisational, and strategic skills that have been successfully implemented at Olympic, Paralympic, and World level sport. Breadth of Technical Reviewing/Consulting projects has provided a broad experience with sport and recreation, from pre-school 'Active Start' through to International Elite.

KEY SKILLS:

- Applied Physiologist
- Technical & Strategic Writing
- Sport Technology
- Sport & Exercise Nutrition
- Bicycle Power Measurement
- ARTP Certified Respiratory Technician
- Advanced Computer & Software Skills

SKILLS AND EXPERIENCE SUMMARY

Multidisciplinary background in highly successful Olympic and Paralympic high performance environment

- Team Sport Scientist, contributing to historic success of British Olympic Cycling Team at 2004 Olympic and Paralympic Games
- Part of a professional, dynamic team focused on producing medals at major events
- Constant drive to identify new and innovative solutions to coach and athlete needs

Logical approach to problem-solving based on evidence, experience, and specific needs of Olympic and Paralympic sports

- Reviewed \$1.5 million Game Plan BC funding, and provided updated recommendations for performance targeted allocation
- Performance-driven decision-making process based on extensive technical experience with British Cycling and Canadian Cycling
- Excellent written and verbal communication skills used to gather relevant information and raise difficult issues
- Collaborative approach used to develop potential solutions to current performance limitations

Strong listening and negotiating skills, combined with ability to integrate ideas and knowledge from a wide range of sources, produces practical solutions

- Developing an Integrated Support network for Canadian Cycling that provides the best support in a non-centralized sport
- Initiated and produced strategic solutions to overcome longstanding difficulties in support service provision between National Governing Bodies and the English Institute of Sport
- Consulted for British Judo and British Wrestling to develop practical Sports Medicine and Sports Science strategies which were used in successful negotiations between these sports and the EIS

North Vancouver
British Columbia
CANADA

Phone: +1 604 345 2244
E-mail: andrea@wooles.org

EMPLOYMENT HISTORY:

CANADIAN CYCLING ASSOCIATION APRIL 2009 to PRESENT
Integrated Support Team Manager (Promotion 2010)

- Manage all aspects of Science & Medicine support for National Team cyclists
- Coordinate services from Canadian Sport Centres and external practitioners within specific budgets

CANADIAN CYCLING ASSOCIATION SEPT 2007 to OCT 2008
Technical Consultant

- Assisted with preparation of materials for the Road to Excellence Annual Review process 2007
- Completed the Beijing Debrief of Olympic Cycling athletes and staff
- Wrote the CCA High Performance Plan 2008, with input from CEO, CTO, and National Coaches

2010 LEGACIES NOW FEB 2008 to PRESENT
Technical Reviewer, Canadian Sport for Life, British Columbia

- Provide guidance and technical reviews of Provincial Long-Term Athlete Development Plans for Sports Organizations in British Columbia

2010 LEGACIES NOW / CSC-PACIFIC NOV to DEC 2007
High Performance Consultant
IPS Sport Review 2007

- Responsible for reviewing all summer and winter sport Provincial Sport Organisations within Olympic and Paralympic sports

BRITISH CYCLING COACH EDUCATION AUG 2007
Coaching Materials Consultant

- Reviewed and revised the Physiology chapter of the new Level 3 Cycling Coach Education materials

PACIFICSPORT JAN to APRIL 2007
High Performance Consultant
Game Plan BC Winter Sport Review 2007

- Responsible for reviewing all winter sport Provincial Sport Organisations within Olympic and Paralympic sports, developing recommendations and priorities to redistribute Game Plan BC funding to meet their needs, and preparing the review document

UK SPORT 2005 to 2006
High Performance Consultant
British Judo, British Wrestling, British Weightlifting, British Trampoline, British Boxing

- Developed Sports Medicine and Sports Science Strategies, which have been adopted by sports and supported by Sports Institutes
- Produced "progression pathways" for emerging sports aiming at London 2012, based on historical data for World & Olympic medallists and record-holders

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SRM TRAINING SYSTEMS

2005 to present

Consultant—Technical Writing

- Redeveloped the user manual for SRM power-measuring bicycle cranks, transforming it into a readable resource for cyclists, coaches, mechanics, physiologists, and engineers
- Wrote a "Training Manual" to supplement the User Manual
- Provide translation support and occasional original articles for SRM website

GREAT BRITAIN OLYMPIC CYCLING TEAM

2000 to 2005

Exercise Physiologist

promotion 2001

- Coordinated all aspects of sports science for British Cycling within budget
- Emphasis on interdisciplinary approach to athlete-focused, coach-led program
- Responsible for preventing foreseeable underperformance at Olympic Games
- Project-based work developing practical solutions to upcoming issues
- Serviced and managed over 130 sets of SRM Training Systems, leading to successful development of our own calibration protocol and system
- Undertook mentoring with a Registered Dietician to develop the skills and knowledge necessary to practice as a Sports Nutritionist

EDUCATION:

UNIVERSITY OF BRITISH COLUMBIA

1996 to 1999

M.Sc (Human Kinetics)

- Effect of upper-extremity exercise on secondary lymphedema following breast cancer

UNIVERSITY OF VICTORIA

1990 to 1995

B.Sc (Biology)

COURSES/ACCREDITATIONS/MEMBERSHIPS:

- Canadian Society of Exercise Physiology (CSEP) Member
- American College of Sports Medicine (ACSM) Member
- Previously Accredited Applied Physiologist, British Association of Science and Exercise in Sport (BASES)
- Accredited Respiratory Technician, Association of Respiratory Technologists and Physiologists (ARTP)
- Mentored for two years (2003-2005) in Sports Nutrition by Registered Dietician (Nigel Mitchell, Head of Nutrition at British Cycling)
- One-month professional development placement with Dr. David Martin, Australian Institute of Sport Senior Physiologist

REFERENCES:

- PETER KEEN, OBE (Head of Performance, UK Sport)
- WENDY PATTENDEN (President & COO, CSC-Pacific)
- DAVID T. MARTIN (Senior Sports Physiologist, Australian Institute of Sport)

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PUBLICATIONS:

1. Davison, R.C.R. & Wooles, A.L. (2006). Cycling. In E.M. Winter, A.M. Jones, R.C.R. Davison, P.D. Bromley, & T. Mercer (Eds.) *Sport and Exercise Physiology Testing Guidelines: The British Association of Sport and Exercise Sciences Guide*. Abingdon: Routledge.
2. Wooles, A.L., A.J. Robinson, and P.S. Keen, *A Static Method for Obtaining a Calibration Factor for SRM Bicycle Power Cranks*. *Sports Engineering*, 2005. **8** (3): p. 137-144.
3. Wooles, A.L., et al. *Respiratory Response of Elite Cyclists to 3km Individual Pursuit*. in *American College of Sports Medicine*. 2004. Indianapolis, USA: Medicine & Science in Sports & Exercise.
4. Wooles, A.L., *Body composition in cyclists*, in *Coaching Insight*, Issue 3; August 2004, p.3-4.
5. Wooles, A.L., *Exercise-induced Asthma: What the coach should know*. In *Coaching Insight*, Issue 2; May 2004, p. 1-2.
6. McKenzie, D.C. and A.L. Kalda, *Effect of Upper Extremity Exercise on Secondary Lymphedema in Breast Cancer Patients: A Pilot Study*. *J Clin Oncol*, 2003. **21**(3): p. 463-466.
7. Kalda, A.L., *Performance analysis: another tool for coaches and scientists*, in *FHS*, Issue 16; July 2002, p.13
8. Kalda, A.L. and D.C. McKenzie. *Upper body exercise and lymphedema following breast cancer: A Pilot Study*. in *American College of Sports Medicine*. 2000: Medicine & Science in Sports & Exercise.