

CURRICULUM VITAE

Name: MARGA RADU COSTIN
Address: Romania
Mobile number: +40751765687
Email: mraducostin@yahoo.com
Facebook:
<https://www.facebook.com/mraducostin?ref=bookmarks>
Date of birth: 26.10.1976
Nationality: Romanian
Male gender
Marital status: married



1. Summary:

I am the founder of the ACS TRIDENT TRIATHLON TEAM of Constanta, the first triathlon club in Constanta County, the winner of the distinction: THE BEST TRIATHLON CLUB OF THE YEAR 2018 in Romania. Prize awarded by the ROMANIAN TRIATHLON FEDERATION.

<https://frtri.ro/gala-triatlonului-romanesc-2018-2/>

As a former athlete and coach, I have always strived to reach my best in everything I have accomplished in the sport.

I am also a professional lifeguard, finishing my courses as a promotion leader.

2. Educational qualification:

- **2021**, Advanced Open Water Diver, NAUI, Certification B68DFE3.
- **2020-2022**, Participate in the Level 1 Swimming Coaches Course at the National Center for Coaching Education and Development, Bucharest.
- **2018**, International Triathlon Union (ITU), graduation certificate in level 2 triathlon coaching, Pula, Croatia.
- **2017-2020**, Romanian Cycling Federation, course modules for cycling performance trainers.
- **2011-2014**, Faculty of physical education and sports, "OVIDIUS" University. S. Constanta, Romania.
- **2013**, International Triathlon Union (ITU), graduation certificate in level 1 triathlon coaching, Medulin, Croatia.
- **2012**, Certificate of professional qualification in the profession of a lifeguard. Head of promotion.
- **2009**, Romanian Bodybuilding and Fitness Federation. International Bodybuilding Federation graduation certification as a fitness and bodybuilding instructor. Bucharest, Romania.
- **2006-2007**, Diploma in massage technician, CASA DE SANATATE DRAGOMIR, Bucharest.
- **2005-2006**, Revital Saenciuc School of Reflexology, Bucharest. Diploma certificate of masseur and reflexologist.
- **1991-1995**, NAVROM Naval Mechanics High School, ship engine section, Constanta.

3. Professional experience:

- **2022-until now**, Triathlon coach and bike guide for PORTO MYRINA PLAYITAS, Limnos, Greece.
- **2018-2021**, swimming trainer for WORLD CLASS Romania, at City Park
- **2016-2020**, Founder, Head Coach, and Sporting Director for ACS TRIDENT TRIATHLON TEAM, Constanta.
- **2014-2016**, Trainer for the triathlon instructor course, supported by the Romanian Triathlon Federation.

- **2013-2014**, work for the Romanian National Triathlon Federation as a trainer in sports psychology, nutrition, and teaching techniques.
- **2012-2021**, triathlon coach for age groups in Constanta.
- **2000-2014**: Masseur-reflexologist.
- **1996-1999**: ADNAN Company, Naval Motorist on BAIA MARE ship 4.400tdw.

4. Coach experience:

- **In 2019**, I won with my cadets two gold medals and one bronze at the Balcanic Championship of Cross Triathlon in Kragujevac, Serbia.
- **2014-2020**, I won more prizes with my cadets and age groups at national championship events in road triathlon, cross triathlon, duathlon, and aquathlon.
- Organizer of triathlon camps for young to adult athletes, <http://www.triathlonteam.ro/2018/07/16/cantonament-baile-herculane/>
- Strengthened positive thinking in athletes.
- Recruit young athletes from poor societies.
- Organizer of sporting events, <http://www.triathlonteam.ro/eveniment/cros-gerila-2018/>
- Volunteer for a sporting event.
- Recovery and nutrition experience for athletes.

5. Other rewards as a triathlon coach:

- **2012-2020**: National champions and numerous prizes for young people, cadets, juniors, and adults of age in triathlon, duathlon, athletics, and aqua-bike.
- **2018** winner of the distinction: THE BEST TRIATHLON CLUB OF THE YEAR 2018 in Romania. Prize awarded by the ROMANIAN TRIATHLON FEDERATION. <https://frtri.ro/gala-triatlonului-romanesc-2018-2/>
- **2014**: Diploma of excellence for great achievement in all activities for children with different disabilities and other special needs issued by the University "OVIDIUS", Faculty of Physical Education and Sports. Constanta, Romania.

6.1. Foreign languages:

<i>Languages</i>	<i>Conversation</i>	<i>Reading</i>	<i>Writing</i>
ENGLISH	C 1	C 1	B 2
FRANÇAISE	C 1	C 2	B 2
ITALIENNE	A 1	A 2	A 1

6.2. PC knowledge:

Microsoft Office (Word, Excel, PowerPoint)
 Corel Draw
 Adobe Photoshop
 SonySoundForge.

6.3. Driving license: vehicle category B

I am more motivated to succeed in continuing my activity as a triathlon coach. After the year 2020 without competitions in which I lost a lot of material, but gained life experience, I am more motivated to succeed in exceeding my limits again and again.

I am looking for a triathlon club where I can achieve remarkable results with my athletes.