

Sebastian Emil Drøyer



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Adr.: Oslo, Norway

DOB: 24.nov 1998

Social media – Instagram, Facebook, TikTok, WhatsApp

Core competence

Trainer with 7-years' experience in freeride/freeski - park/alpine/cross-country skiing and trampoline.

- Good at teaching and guiding people
- Problem solving
- Good communication skills
- Motivating and including
- Goal oriented

Work experience

Jan 2019 – d.d **Head coach**, Haslum Skiclub, Norway

- Established Haslum skiclub's own freeski team
- Boys and girls ages 8-16

Dec 2019 – Mar 2020 **Private Ski instructor**
Snowacademy, Saalbach Austria.

Sep 2017 – Nov 2019 **Park, Event and Safety Supervisor/ Court Manager**,
Altitude trampoline Park, Asker, Norway

- Court Manager – 3000m2 trampoline arena
- Maintenance, security, HSE, first aid and shift manager
- Open and close the park, as well as doing the «end of day balance».
- Responsible for external events, representation of Altitude at events eg. XGames Oslo, concerts & festivals

Head Coach & Personal Trainer, «Altitude Academy»

- Established Altitude's own trampoline training program
- All ages up to 50+ years

2014 – 2018 **Competed in freeride FWQ (Freeride world tour qualifier) and competed in the Norwegian freeride cup.**

- Sep 2016 – Apr 2018 **Trainer**, Heming Adrenalin, Heming IL (sports club), Norway
- All year trampoline training and on skis in winter
 - Senior team 18+, freeride/freeski skiing
 - Reserve trainer, freeride/freeski, ages 6-50 years
- Sep 2013 – Apr 2018 **Trainer**, Lyn Ski Cross-country ski club, Norway
- All year endurance training - on and off skis
 - Kids 10-13 years "Ungdomsteam"
 - Kids 8-9 years "Skileik"
 - Kids 6-7 years "Miniskileik"
 - Kids 4-5 years "Skituppen"
- Jun – Aug 2017 **Maintenance Summer job**, Indre Tronderøy Tom Manuel
- My job was cutting the lawn with. «pro zero-turn» golfcourse-lawnmower on an area ca. 40 000m², lumberjack on an area ca.150 000m².
- Jun – Aug 2016 **Maintenance Summer job**, Indre Tronderøy Tom Manuel
- My job was cutting the lawn with. «pro zero-turn» golfcourse-lawnmower on an area ca. 40 000m², lumberjack on an area ca.150 000m².
12. – 21.Feb 2016 **Volunteer work**, Winter Youth Olympic Games, Norway
- I was shaping the halfpipe/superpipe and raising the flag as part of the ceremony organisers
 - Events held at Oslo Winter Park
- 09.Mar 2013 **Volunteer work**, Arctic Challenge, Norway
- I was shaping the halfpipe/superpipe
 - Events held at Oslo Winter Park

Education/courses

- Dec 2019 **Level A2 Ski instructor, taken in Beitostølen, Norway through the Norwegian Ski School (DNS)**
- Jan 2019 **Level A1 Ski instructor, taken in Saalbach, Austria through the Norwegian Ski School (DNS)**
- Jan 2018 **HSE representative course, taken in Oslo through Grønn Jobb**
- Nov 2017 **Level T1 Cross-country ski instructor, taken in Oslo through the Norwegian Ski Federation (NSF)**

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| Nov 2017 | CPR and first aid course, taken in Oslo through Businesscare |
| Aug 2014 – Jun 2017 | Persbråten videregående skole (Senior High School) Idrettsfag (sports school) Toppidrett (top athlete) <u>Bestått</u> (graduated) |
| Jan 2017 | Heming Adrenalin Basic trainer course for trampoline, safety and ski |
| Apr 2015 | The Royal Norwegian Yacht Club (KNS) Boat licence (up to 50 feet) |
| Sep 2013 | Lyn Ski Club Basic trainer course for off season and cross-country skiing |

Languages

Norwegian fluent (born and raised in Norway)

English fluent (Australian mother)

German school level (practice needed)

Computer knowledge

Microsoft Word

Microsoft Power Point

Microsoft Excel

Photoshop

iMovie

Memberships

Lyn Ski

Skiforeningen (the Association for the Promotion of Skiing)

DNT (the Norwegian Trekking Association)

DNS (the Norwegian Ski School)

SkiMore

References on request