

erin m. guppy

bio

Erin achieved her Bachelor's Degree with a major in Kinesiology in 1997 from the University of Victoria. She is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) and has also completed the Level 1 Sport Performance Specialist program in 2003 with Twist Conditioning Inc. Erin is certified through the British Columbia Recreation and Parks Association (BCRPA) as both a Personal Trainer and Supervisor of Basic Fitness Leaders; holds her Level 1 coaching theory and technical for both badminton and field hockey, and is Spinning® (indoor cycling) Certified through the Johnny G Spinning program.

Erin has extensive knowledge and practice in training the recreational and the elite level athlete, as well as a background and training in working with special populations, injury prevention/rehabilitation clients/claimants, and the recreational fitness enthusiast!

Erin has always been involved in athletics and has a passion for ice hockey, white water kayaking, snowboarding, snowshoeing, soccer and also finds time to enjoy motorcycling☺ and playing the guitar. Erin is a true believer in play, ambition and possibility in both training and in life!

education

University of Victoria, British Columbia
Bachelor of Arts, Kinesiology (1997)

Fitness Certification

- BCRPA Certified Personal Trainer since 1998
- BCRPA Supervisor of Fitness Leaders since 2000
- Johnny G Spinning Instructor Certification since 2003
- Twist Conditioning Accelerate Level 1 March 2003
- Present Movement Awareness Series1 &2 with Shane McDermott 2002/2003
- Certified Strength & Conditioning Specialist (CSCS) since 2002
- Functional Assessment of the Spine and Extremities (BCAK and CBI) 2000
- NCCP Level 1 Field Hockey & Badminton Coaching & Field Hockey Referee Certification
- IDEA World Fitness Conference - Las Vegas 2005
- NSCA "From Grassroots to the Podium" Whistler, BC May 2006
- IDEA World Personal Trainers Summit – New York 2006

First Aid Training

- Standard First Aid (current)
- CPR C (current)

professional experience

Sweat Co. Studios

Personal Trainer/Instructor (2001–present)

- Personal Training
- Spinning®
- Sport Conditioning
- Rehabilitation
- Fitness Expert for local media
- Core Conditioning

Women's Only Soccer Camps and Rookie Training Centre

Head Trainer of the Training Academy and Goalie Clinic (2004-present)

Level 10 Fitness

Personal Trainer (2001)

- Personal Training
- Rehabilitation
- Athletic Conditioning

West Vancouver Community Center

Weight Room Staff Coordinator/Personal Trainer (1997-2001)

- Program Planning and Implementation
- Facility Planning
- Public Liaison
- Staffing/Educating
- Personal Training/Group Fitness

North Vancouver Recreation Commission

Health & Lifestyle Consultant (1997-98)

- Weight Room Supervisor - William Griffin Rec. Center
- Personal Training and Rehabilitation
- Fitness Testing (CPAFLA)
- Adaptive Rehabilitation

BC Lions Society for Children with Disabilities

Camp Counselor (1997)

- Personal care and assistance to mentally and physically challenged children and adults
- Adapted recreation activities to the specific needs and interests of campers in my care.

University of Victoria: Human Anatomy Lab

Teacher's Assistant/Work Study Program (1995-97)

- Instructor of Human Anatomy
- Study block Supervisor

Fitness World North Vancouver

Instructor (1995)

- Strength Training

workshops presented

- **Better Bones** (Osteoporosis Program @ WVCC)
- **BMI/Personal Training/Weight Rooms** (WVCC Lunch & Learn)
- **Pro-Fitter 101** (WVCC in-service)
- **National Physical Activity Survey** results compilation & presentation to NVRC and WVRC (North & West Vancouver Recreation Commissions)
- **Conditioning Clinic** (North Vancouver Cup soccer team–12yr. old girls)
- **Burrard Physiotherapy Associates In-service:** Core Conditioning

media + entertainment

- **Global** - Featured as a Fitness Expert on the Morning Show (2004–present) (Viewership Van:54,400 ppl, BC:81,600 ppl)
- **BTV** – Morning News Fit Tips (2002)
- **Province** - Fitness 11 week series (2004) with Sherri McMillan

volunteer

Assistant Coach – BC Provincial Youth Athlete Development Camp

Twist Conditioning, Kamloops 2002

West Vancouver Eagles Head Coach – Women’s Soccer

West Vancouver Soccer Association 2001-02

Trainer/Leader – Nike Skills Camp (Hockey)

BC Centre of Excellence 2001

Head Coach – Field Hockey

Oak Bay Secondary School (Victoria, BC) 1996

Fitness Tester – Sports & Fitness Testing Center

University of Victoria 1995-97

Physiotherapist Aid – Summit Rehabilitation Inc.

1995

Motorcycling, kayaking, climbing, traveling, team sports, university and teaching have all challenged me in different ways. Through a variety of activities, I have faced my fears, met new people, experienced new adventures, tested my physical and emotional being, followed a purpose, mastered my mind, and lived with discipline... all the while engaging my mind and body in the pure concept of play.