

Curriculum Vitae: Naomi Gibbins



PROFILE: Naomi has a multi-dimensional sports career: Professionally she is an elite Personal Trainer- Fitness Instructor, Sports Therapist, Nutritionist & has a Bachelors Degree in Naturopathy while privately she maintains her enthusiastic pursuit of excellence in her many sporting interests: training to be a professional stunt performer, a competitive Figure bodybuilder and competitive in outrigger canoeing. Naomi has over 20 years of active participation and academic education in the sports industry and thus is able to bring a dimension of realism to her clientele.

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WEBSITE: www.naomigibbins.com (self designed & built)
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DATE OF BIRTH: 23 January 1978

MARITAL STATUS: Single

NATIONALITY: British

HEALTH: Excellent, Non Smoker

DRIVING LICENCE: Full and Clean



Professional Sports Achievement

November 2011

Qualified as Professional Stunt Action Performer with Australian Media, Entertainment & Arts Alliance

June 2010 – Present

Training for my Professional Stunt Grading certificate. Disciplines include stunt training, gymnastics, Parkour, ocean swimming, screen fighting, climbing (rope/wall), equestrian stunts.

January 2010 – Present

Playing Basketball in St George comp

May 2010

Placed 4th in the Asia Pacific Figure Bodybuilding Championships

April 2010

LIVE on Channel 10, Thursday Night Live, modeling & promoting figure bodybuilding.

April 2010

Sports & promotional model at Australia's largest Fitness Expo in Darling Harbour, for American brand SAN.

October 2007 – July 2009

Monthly featured in Australia's fitness and bodybuilding magazines; Australian Natural Bodz and Hardcore Aussie Muscle Magazine

October 2008

Cover Girl for Australian Natural Bodz health, fitness and bodybuilding international magazine, First edition.

July 2009

Live on Radio 2ser for follow up interview – female athletes in Sydney
Asked to be guest speaker at black tie, cancer fundraiser event

May 2009

5th Place Miss Figure Asia Pacific – ANB Asia Pacific International Championships

March 2009 – Present

Weekly LIVE segment on Radio 2ser covering health & fitness topics, aired on Thursday mornings and aimed at women and female athletes

November 2008

Reached top 20 females in Australia selected to be Gladiators in the 2009 Australian Gladiators television series

October 2008

4th Place Miss Figure Australia – IFBB Australian National Championships
7th Place Miss Figure Australia – ANB Australian National Championships

Naomi Gibbins:

Figure Athlete | International Outrigger Paddler | Elite Personal Trainer | Sports Therapist | Naturopathic Nutritionist

Page No: 2

July 2008

NASCA – National Aboriginal Sporting Chance Academy – ARMTour Elite Athletes as Role Models volunteer at Santa Teresa Indigenous school community

June 2008

4th Place Miss Muscle Model - Toronto in WNSO Miss Figure 2008 World Championships
6th Place Miss Figure World - Toronto in WNSO Miss Figure 2008 World Championships
7th Place Miss Universe - Miami, Florida in Miss Figure Universe 2008

April 2008

Silver Medalist in NSW State Outrigger Championships – OC6 1500m Sprints
Silver Medalist in NSW State Outrigger Championships – OC6 500m Sprints
Bronze Medalist in NSW State Outrigger Championships – OC2 500m Sprints
Bronze Medalist in NSW State Outrigger Championships – OC1 250m Sprints

December 2007

Qualified for WNSO World Championships – Miss Figure in Toronto, Canada
Qualified for Figure Universe – Miami, Florida

November 2007

Passed all fitness selection for Australian Gladiators TV Series
Selected in top 20 Female Gladiator Finalists for 2008 TV Series

October 2007

Australian Natural Bodybuilding Association:
Miss Figure Australia 2nd place and Encouragement Trophy

September 2007

Australian Natural Bodybuilding Association:
Miss Figure North Coast 1st place

May 2007

Australian Natural Bodybuilding Association:
Miss Figure Sydney 2nd place and Best Female Poser Trophy

September 2006

Raced in Hawaii, Molokai 72km Outrigger channel crossing canoe race, taking 6 hours & 56 mins, Representing Cronulla, Australia.

June 2006

Raced at Hamilton Island 42km outrigger canoe race representing Cronulla Outrigger Canoe Club, Sydney. Placed 4th.

June 2005

Member of St. George Basketball League, playing for OF's ladies team.
Member of the Sydney Basketball League, playing for Borsellino Brothers ladies team.

Naomi Gibbins:

Figure Athlete | International Outrigger Paddler | Elite Personal Trainer | Sports Therapist | Naturopathic Nutritionist

Page No: 3

March 2004

State Championships Bronze Medallists - 500m OC6 Open Womens Sprints

May 2003

Qualified and ranked 3rd for Cook Islands International Outrigger Canoeing Ladies team for 2003 South Pacific Games.

June 2002

Competed in Fiji International Games Outrigger Canoeing Competition.
Open womens singles 500m sprint.
Placed 1st Gold Medallist.

September 2001

Competed in Queen Liliou'kalani 30km Ironwoman race in Kona Island, Hawaii. Placed 33rd.
Competed in Kona Islands single open womans 10km ocean race. Placed 18th. Competed in Kona Island Double Hull 10km open ocean race.

August 2000

Recruited to join Cook Islands top ladies Outrigger Canoeing Team, to train for September 2001 Queen Liliou'kalani 30km Ironwoman Kona race in Kona Island, Hawaii.

November 1999

Joined the Cook Islands Te Tupu O te Manava Outrigger Canoeing girls team.
Acted as Team Personal Fitness Trainer.

July 1998

Trained and entered UK Gladiators Trials.

Academic Education

November 2011

Qualified as Professional Stunt Action Performer with Australian Media, Entertainment & Arts Alliance

April 2008

Graduated from University of Western Sydney, Australia with Bachelor Applied Science in Naturopathy

October 2006

Member of NHAA Natural Herbalists Association of Australia

October 2006

Elastoplast Strapping course level 1 & 2 with Sports Medicine Australia

November 2005

Remedial Massage Certification with University of Western Sydney

August 2004

Member of Association of Massage Therapists NSW

July 2004

Spin Cycle (indoor speed/fitness cycling) Instructor

June 2004

Basic Matt Pilates Instructor Certificate

September 2003

Member of the International Institute of Health and Holistic Therapists.

Member of 'PT on the Net' register of Personal Trainers Member of REPs (Register of Exercise Professionals) Member of Fitness NSW Australia Personal Trainers Registered on board of Fitness Instructors. Registered on board of Nutritional Advisors

September 2003

Diploma in Personal Training with Premier Training International including advanced fitness instructor, First Aid, health and fitness nutritional advisor, circuit training instructor, career and personal development, relaxation Swedish body massage and sports massage therapy.

October 1999

Fitness Instructors and Personal Trainer Qualification with Premier Training International

Sept 1998

Rescue Diver & Medic First Aid with PADI International

Work Experience

November 2011

Australian Film Industry

Stunt Action Performer, available for stunt work on commercials, tv, movies etc.

January 2009 – Current (November 2011)

Ultimate Physiques

Set up my own business as an extension of my already 6 years established health, fitness & massage business. Ultimate Physiques offers an array of services including; Personal Training one-on-one, Sports & Remedial Massage Therapy, Group Fitness, Online Training & Online Body Transformation Packages, full range of Sports Supplement Sales, Life Coaching, Nutritional Guidance, Naturopathy and elite athlete coaching.

www.ultimatephysiques.com.au

October 2011 – Current (November 2011)

Penshurst Physiotherapy

Sports Massage Therapy & Remedial Massage Clinic Shifts

October 2010

Rugby League Four Nations Tournament – Samoan Team

Sports Massage Therapist for the Samoan Rugby League team during the 2010 Four Nations Tournament

January 2010 – Current (November 2011)

LIVE Weekly Radio segment on Radio 2ser

Prepare and present a weekly health & fitness related segment on a local Sydney radio station Radio 2ser on 107.3fm.

September 2010 – Current (November 2011)

Outdoor Bootcamp Group Fitness Classes

Running group fitness outdoor classes for all fitness levels, for toning, fat loss and fitness in a fun environment.

July 2008 – Current (November 2011)

Operating ONLINE Body Transformation Packages

Using my experience and education as an elite Personal Trainer and International Figure Athlete, I now operate and run training online for clients who can not physically train with me. Providing clients with online training programs, diets, tracking, lifecoaching, education, guidance and support ensuring the client reaches their goals.

January 2006 – Current (November 2011)

West's Tigers NRL Rugby League Team

Contracting on behalf of Naomi's Sports Massage Clinic, sports therapy services provided to the West's Tigers NRL team during mid week training and pre-game in the team changes rooms pre, during and post game on game day.

November 2003 – Current (November 2011)

Naomi's Sports Massage Therapy & Personal Training

Operate a massage therapy clinic from my home and as a mobile service. Treating sports injuries, as well as job related body stresses, posture imbalances, pregnancy, child and elderly massage. A large focus of my work is on rehabilitation and incorporates personal training to repair and recover from pain and injury. Personal training and nutritional guidance specialising in body transformation packages as well as competition preparation, sports specific training, fat loss, post injury and post pregnancy fitness.

January 2006 – December 2006

NRL Sports Massage Therapist

Employed as a massage therapist working with a team of therapists contracted to treat elite athletes and sports teams including the Australian NRL rugby league teams including the West's Tigers, Sydney Roosters, Canterbury Bulldogs, St George Illawarra Dragons, Manly Sea Eagles, Newcastle Knights, Cronulla Sharks, Canberra Raiders, New Zealand Warriors, South Sydney Rabbitohs and Brisbane Broncos. Other teams included State of Origin rugby league, Australian Kangaroos rugby league team, South Africa Springboks, Great Britain Lions rugby league, Australian Warratahs rugby union team, Australian Wallabies and Australian Cricket Team.

February 2005 – February 2006

GNC – General Nutritional Centre

GNC is one of the largest international health and sport supplement chains. Working as a sales assistant, and titled sports specialist, my role involves maintaining professional and smart presentation, having a high level of customer care and interaction. Customers are general from one of two main categories. Firstly sports enthusiasts looking to improve competition performance, those looking to lose body fat, increase, or muscle mass and strength. Supplements include protein powders, hormone and metabolism stimulants, herbs and

Naomi Gibbins:

Figure Athlete | International Outrigger Paddler | Elite Personal Trainer | Sports Therapist | Naturopathic Nutritionist

Page No: 7

vitamins to aid in achieving the required results. The second category are customers looking to improve health and well-being, whether it is to boost the immune system prior to illness or to support the body through a serious illness such as cancer, arthritis or diabetes. As a sales assistant and health professional, my role is to discuss with the customer their needs with regards to their situation and advise on the natural supplements that have been researched and proven to be beneficial. A high level of knowledge and understanding is required during every shift working at GNC and the satisfaction and enjoyment I receive from constantly learning and helping improve the health of others is truly magnificent.

November 2004 – February 2005

Penshurst Physiotherapy

Rented spare therapy room for massage therapy clients. Client based was built from an initial 1-week marketing offer of free massages, followed by a second week at half price. Clients ranged from elderly recovering from a stroke, to office workers with postural imbalances and irritations, sports persons recovering from injuries and pregnancy massages.

November 2004

Fitness First Australia

Personal Trainer, Nutritional Consultant & Sports Massage Therapist Running my own Personal Training business, I joined Fitness First as a Franchisee of the company. I built up a client base of 30 clients who were predominantly rehabilitation clients, having been injured in sport, accidents, or caused by incorrect posture or body movement over a period of time. My initial task was to thoroughly assess clients history and current situation. This consists of a verbal consultation and a practical body assessment. Position, action, reaction, size, ability, range of movement, strength, weakness, pain and noise of the body at joints, muscles and bones was all recorded, as well as body weight, body fat percentage, body measurements, blood pressure and blood type were also recorded. I then design a rehabilitation training program designed specifically for this client to rectify all weaknesses identified. Programs are monitored sessionally and reviewed weekly or monthly to be advanced. A number of non-rehabilitation clients were in fact high level and professional athletes training for significant competitions including the Olympics. With Nutritional clients, consultations were held reviewing past and current eating habits as well as blood type. I would then provide Advise and nutritional programs as required. The third aspect of my job was to provide Deep Tissue Sports Massage. On a daily basis clients would require injury specific rehab massage or simply post training relaxation massage.

June 2003

Emigrated to Australia.

Travelled to the United Kingdom and France before returning to Australia in October 2003.