

# CAROLINE MARGARET RHODES

## Personal Details

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## Personal Statement

I am a happy positive person who loves Sport and leading a Physical Active Life.

I enjoy an adventure and connecting with people of all ages. My hobbies include horse riding, mountain biking, gym classes, netball, tennis, reading, farming, rowing and being creative.

Achievements that I am most proud of in my life,

- Three healthy children Sophie 20rs, Henry 18yrs and Cate 16yrs.
- A NZ Rowing Title.
- Running the Routeburn Track as a marathon event.
- Growth in girls playing Rugby in South Canterbury. 2018 there was one grade offered U18 Girls. Through commitment and determination, the grades now on offer include U11, U13, U15 and U18 Girls Rugby.

## Education

1984 – 1988

**Craighead Diocesan School**

1989

**Lincoln University**

Wool Technology

1991-1995

**Otago University**

Degree in Consumer and Applied Science

Double Major in Food Science and Clothing/Design

## Work Experience

- 1989-1990**                      **Wrightsons Wool Store Dunedin**  
Classing Sheep Wool.
- 1996-1998**                      **Griffins Foods**                      **Auckland**  
Research and Development/Customer Relations  
Developing and making a new product, while working directly with customer relations.
- 1998-2000**                      **Travelled to England**  
Nanny Work – spend two years in Scotland as a Nanny for three Children.  
Retail – Running the Children’s Department at Snow and Rock outdoor recreation outlet.
- 2000-2001**                      **Tip Top Ice Cream**                      **Christchurch**  
Technical Department / Research and Development.  
Worked in the Laboratory testing the product to ensure high standards were met. Worked directly with customers liaising with customer complaints.
- 2001-2002**                      **PPCS**                      **Pareora**  
Technical Department  
Implemented and updated The Meat Act.
- 2000-2002**                      **Craighead Diocesan School**                      **Timaru**  
Managed fitness and exercise programme for all age groups.
- 2002-2005**                      **PPCS**                      **Pareora**  
Quality Assurance  
Working directly with farmers to gain overseas accreditation.

## Work Experience

**2007-2009**

### **Sport South Canterbury**

Active Movement Coordinator

Worked directly with 0-5 year olds and their parents encouraging children to be active through the delivery of fundamental movement skills.

**2007-2018**

### **Plunket**

**Timaru**

Active Movement

Presented an Active Movement talk to new mothers encouraging children to be active at an early age.

**2010**

### **Athletics NZ**

**Timaru**

Fundamental Movement Skills Coordinator

Educate teachers and give them confidence to implement Physical Activity into their Children's Curriculum through fundamental movement skills, Run, Jump, Throw.

**2010-2017**

### **The Cotton Room**

**Timaru**

Owner – Women's Clothing Business

Managed a successful Women's Clothing Business.

Worked with a close friend, designing, marketing, making and selling Women's Clothing. A very challenging but rewarding business.

**2014-2017**

### **Personal Styling**

**Melbourne**

Personal Styling course in Australia.

Started a Personal Styling Business in Timaru. Spent time with individuals helping them to feel fantastic through their appearance.

**2011**

### **Sport Canterbury**

**Timaru**

Co-ordinator for the Sea2Sea 6 week Physical Activity Challenge. Liaised with workplaces to encourage physical activity within the workplace.

### Women's Rugby Development Officer

My role was a new position when I started with South Canterbury Rugby.

- In 2017 there was an U18 Girls grade, since then the numbers and grades have grown. We now offer four grades U11, U13, U15 and U18. Growth in the Girls game has been a highlight, my first year there was a 40% increase in participation and the numbers have continued to grow at least 10% each year.
  - Work directly with Primary and Secondary Schools connecting with Principals, Teachers and Sport Co-ordinators. Plan and implement Physical Activity into their student's day through delivering fun and inclusive Rugby Sessions.
  - Event management, manage the Secondary School Girls Competition and the South Island Secondary Schools 7's. Help facilitate other events hosted at Alpine Energy.
  - Empower Coaches from the Girls game through connecting and working together, we have grown the game enabling more girls to get involved. There is now a welcoming comfortable healthy environment for Coaches, Players and Parents.
  - Manage the Representative Rugby Girls with a focus on Nutrition and Wellbeing.
  - Plan and implement new initiatives enabling the game to evolve and grow.
  - Strong communication skills and connect positively to all ages and abilities.
  - Facilitate and help run Coach Education Courses.
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- New Zealand Rugby offers ongoing annual upskill conferences, a chance to connect with other Rugby Development employees from around the country.
  - At conference we have had some exceptional speakers, highlights have been Kathryn Berkett on the red and blue brain and Eroni Clarke who talked about making our environment welcoming to all cultures.
  - During my role there are constant challenges pushing me outside my comfort zone, this is very rewarding and has helped me grow and evolve in this role.

## Skills/Course's

**2021 – 2022**

### **Coaching for Impact**

Selected to be part of the Coaching for Impact two-year course through NZ Sport.

**2009-2021**

### **Coach Sport**

**Timaru**

Regularly coach school sports teams.

Netball, Soccer, Basketball, Touch Rugby and Rugby.

**2019-2021**

### **Fitness Sessions**

**Timaru**

Deliver fitness sessions for Craighead Rowers.

**2014**

### **Personal Styling Certificate**

**Melbourne**

Attended a Personal Styling course in Australia

**2010**

### **NZ Gym Sport Course**

**Christchurch**

**2021**

### **First Aid Course**

**2018**

### **Connecting Coaches Course at Otago University**

University of Otago - two-day course focusing on connecting with kids through sport. A fantastic coaching course with some powerful speakers.

**2017-2021**

### **Sports Advisory Council – Craighead Diocesan School**

A member of the Craighead Sports Advisory council for the past 2 1/2 years aiding the running of all sports at the school.

**2019-2021**

### **Sports Advisory Council – Timaru Boys High School**

A member of the TBHS Sports Advisory Council.

**2019-2022**

### **Pleasant Point Pony Club**

Secretary of the Pleasant Point Pony Club.

**Interests**

**Brainwave** – I have attended various Brainwave talks on the development of the human brain.

**Rowing** – I rowed while at University of Otago and got an Under 21yrs NZ rowing title and a NZ Rowing Trial.

### **Rowed at the Masters 2019**

**Routeburn** – Ran a marathon over the Routeburn track.