



## About Me

Lachlan is a former elite-level athlete who is passionate about sports performance and using science-based fitness, nutrition, and motivational strategies to help people become the best version of themselves



416-560-4824



Lachlan24@rogers.com



Toronto, ON/ Kelowna, BC

## CERTIFICATIONS

- **CFES Fitness Instructor - 2024**
- **CSEP-High Performance Specialist- 2024**
- **CSEP-CPT - 2023**
- **CPR-C/AED/First-Aid - 2023**
- **CSCS (In Progress)**

## AWARDS/SCHOLARSHIPS

- **Loblaw Scholarship Recipient**
- **UBC Okanagan Extracurricular Leadership Award Recipient**
- **Two-Time Academic All-Canadian Team**

## EDUCATION

### Central Technical School

Ontario Secondary School Diploma

### University of British Columbia Okanagan

BA Human Kinetics/ Minor in Psychology (Year 4)

## REFERENCES

### Joel White (Co-Founder of AXIS Performance and Training )

joel\_white@outlook.com

(416)-268-8102

### Kevin Phillips (Athletic Therapist / Strength & Conditioning Coach)

kevin.phillips@ubc.ca

(250)-807-8534

### Jennifer Callow (Recreation Coordinator)

jennifer.callow@ubc.ca

(250)-807-9319

# LACHLAN MAUDSLEY

Personal Trainer and  
Group Fitness Instructor

## EXPERIENCE

### Group Fitness Instructor

2023 - Present

Create and deliver ongoing personal training programs for a variety of clients with a range of needs and goals through the University of British Columbia Okanagan Recreation Department.

### High Performance Specialist™

2023 - Present

Personal training a variety of clients through the University of British Columbia Okanagan Recreation Department and AXIS Performance + Training as well as Individually

### UBCO Varsity Athletics Strength and Conditioning Internship

2023 - Present

Professional Development Internship through the Varsity Athletics Program, Focusing on strength and conditioning coaching in a team environment.

### Human Kinetics Student Association Vice President

2023 - Present

One of three members of the faculty-student association in charge of event planning, graduation, student fundraising, merchandise design, and sales.

### AXIS Performance and Training Internship

Summer of 2023 + 2024

Professional development internship under Joel White focusing on strength and conditioning coaching, athletic performance, cueing movements, periodization, and rehab for professional athletes.

### Basketball Camp Counselor

2022 - 2023

Led the basketball program at the Boulevard Club in Toronto. Responsibilities included creating and delivering age-appropriate basketball skills programming for 20+ children ages 6 to 14, ensuring a safe and fun environment.

### Healthy Planet Sports Nutrition

2022-2023

Worked as a sales rep in the sports nutrition department at Healthy Planet. Trained on a wide range of products to advise customers on the best supplements to help them achieve their athletic and health goals.

### Athletic Council President

2019-2020

President of the Central Technical High School Athletic Council. Responsible for the council's budget, year-end sports banquet, and organizing the intramural, game day, and overall athletics related events.