

GUILLAUME LE GOUARE

Fencing Master

Trainer – Coach- Manager - Instructor



PROFESSIONAL EXPERIENCIES

September 2021 – September 2023

Master and Coach of the Swiss National Team Women Epee.

Mai 2016- August 2023

Master Head Coach (Epe and Foil) + Manager of the ZFC Zürich, Switzerland.

August 2013 - Mai 2016

Master (Epee) of the Cercle d’Escrime de Sierre, Valais, Switzerland.

September 2013 – September 2016

Sport teacher in the Ecole Montessori Châtel Saint Denis /Les Paccots, Switzerland.

August 2011 – January 2013

Master Assistant (Sabre and Epee) in the Club d’Escrime de Vevey.
Development Manager (Sabre) of the clubs in Aigle / Monthey, Suisse.

September 2009 – September 2011

Master (Sabre) responsible of the youth section in Bourges Escrimes, France.

September 2005-September 2008

Master Head Coach (3 weapons) in Montargis, Gien, Belleville, France.

September 2003- September 2005

Master (at studying) and Technical + Development Assistant for the Regional Committee d’Indre et Loire. Responsible of the Foil section in Joué les Tours.



EDUCATIONAL BACKGROUND



- 2021 : Expert Youth and Sport Swiss Department’s degree.
- 2020 : Selected for the Swiss Olympic Professional Trainer’s Degree.
- 2015 : Junior Regional Coach’s degree.
- 2013 : Instructor Kids Youth and Sport Swiss Department’s degree.
- 2012 : Instructor Youth and Sport Swiss Department’s degree.
- B.E.E.S 2nd degree (High Level Trainer) studied from 2007 to 2010.
- 2005 : Diplom of Fencing Master, Brevet d’Educateur Sportif 1^{er} Degree.
- 2001 : Sciences Baccalaureate option Biologie.



COMPETENCIES



- ❖ Systemical approach of Training.
- ❖ Various and modern pedagogical methods.
- ❖ Adaptability to every fencer (niveau/category).
 - ❖ Global to specifical analysis.
- ❖ Planning and optimization of training.
 - ❖ Organisation and anticipation.
- ❖ Creativity to combine fun and seriousness.
 - ❖ Group and club’s life management.
- ❖ Projects development based on shared ethical values.
- ❖ Athlet’s individualized training based on clear goals set together.
- ❖ Integrated mental training, Profiling, Listening, feeding a growth mindset.



LANGUAGES

French

English

German

Swiss - german

Italian

Russian

Hungarian

QUALITIES

- ✓ Reliable
- ✓ Proactive
- ✓ Empathic
- ✓ Enthusiastic

CENTERS OF INTEREST

 Reading – Philosophy- Psychology

 Music - Arts – Foreign cultures

 Swimming – Bike – Ski – Scuba-diving

CONTACT DETAILS

 + 41 78 646 26 65

 maitreadam@gmail.com

 Vulkanplatz 7
Wohnung 16.07
8048 Zürich

 1. July 1983

 French,
Swiss nationality
ongoing.



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VALUES

- OPTIMISM
- HUMANISM
- INTEGRITY



SUCCESSES ET RESULTS



- **2021-2023** :National Coach for the Swiss Epee Women Team in collaboration with Maître Paul FAUSSER.
 - Progression from 14th to 7th world ranking place in 1 year.
 - 6th place at the World Cup of Tallinn 2021.
 - 4th place at European Championships 2022.
 - 6th place at World Championships 2022.
 - 3rd place at the World Cup of Vancouver 2022.
 - 8th place at the World Cup of Fujairah 2023.
- **2017-2020** :Personal Coach of Anna VAN BRUMMEN (USA). Qualified at the Olympic Games of Tokyo 2021.
 - 5th place with Team USA.
- **2016-2023** : Master + Trainer of the Zürcher Fechtclub's Elite Group, various athletes men and women entered the top 64 in Elite Worldcups.
- **2016-2023** : Master + Coach of the Club's Teams in Zürich and Sierre.
 - **6 titles of Swiss Champions** in U20 and Elite categories.
- **2016-2023** : Master of Fiona HATZ, Switzerland.
 - 3rd place at the U20 Team's World Championships.
- **2013-2023** : Master of Solène MASSEREY, Switzerland.
 - Swiss Champion U23.
 - Elite top 64 athlete.



- **2013-Present**
 - Collaboration as trainer and supervisor in the national Summercamp Tenero with Maîtres Garnier and Bozier from 2013 to 2023. Increase of the size of the camp, 40 to 70 fencers.
- **2013 - 2021**
 - Trainer in the national Swiss Fencing camps of youth categories in collaboration with the Swiss national coaches.
- **2018 - 2020**
 - Creation of a youth section group and an Elite group in the Club with specific trainings and collaboration with the Swiss national coaches Maître Ollagnon and Da Silva Souza.
- **2016 - 2020**
 - Increase of memberships in Zürcher Fechtclub from 180 to 250 in 4 years.
- **2013 - 2016**
 - Increase of the memberships in the Cercle d'Escrime de Sierre from 13 to 60 from 2013 to 2016.
- **2005 – 2009**
 - Increase of the memberships in the Club d'Escrime de Montargis from 15 to 120 in 3 years.