

# Cam'ron Jaden Thomas



## Summary

BSc Sports & Exercise Science graduate with 4+ years' experience in coaching, youth development, and fitness training. Proven record of leading school teams to district-level success, delivering structured training programmes, and supporting learners both academically and athletically. Strong communicator with leadership, organisational, and people-management skills.

## Skill Highlights

- Team leadership & youth development
- Strength & conditioning program design
- Sports performance analysis
- Classroom & behavior management
- Administrative support & data capturing
- Client fitness programming & progress tracking

## Contact

- Cape Town, South Africa
- +27 60 973 4755
- camronthomas.cjt@gmail.com
- Valid Driver's License

## Languages

English 1st language  
Afrikaans 2nd language

## Nationality

South African

## ID Number

0210015143089

## Criminal Record

None

## Marital Status

Single

## Experience

- **PYEI teacher's assistant at Rouxvile Primary (2021 -2022), Elsiesriver High (2025) and Temporary substitute at Elsburry Primary(2025)**
  - Admin tasks
  - Printing notes
  - Organizing folders
  - Behaviour management
  - Classroom support
  - Teaching of the CAPS curriculum
- **Rugby Coach – Malibu High School (U16 & U19) / 2024–2025 as well as at SSDP U13 coach (2021 – 2025)**
  - Planned and delivered structured training sessions
  - Analysed match performance to improve team tactics
  - Developed discipline, teamwork, and leadership among players
  - Strength and conditioning
- **Practice Administrator at Old Mutual**
  - Data capturing
  - Set up meetings with clients
  - Filing
  - Calendar management
  - Financial Reviews
  - Ensure compliance documentation is in order
- **Personal trainer (private)**
  - Create programs
  - Lead workouts
  - Track progress
  - Provide motivation and support

# Education

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## **UWC – BSc Sports and Exercise Science (completed 2025)**

- Chemistry
- Medical Bioscience
- SRE
- EED
- Computer literacy

## **De Kuilen High School 2020 Matriculated**

- English
- Afrikaans
- Business
- Mathematics Literacy
- Biology
- Tourism

## **Interests, activities & achievements**

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- Rugby
- Indoor Cricket (Boland, Western Province, South Africa)
- Athletics (Northern zone championship)
- Hiking
- Sunday School teacher
- Sound technician (VGK Sarepta Vyk Silversands)
- Western Province Rugby Referee  
(Certification code:BS-0076680)
- World rugby level 1 coach
- Grade 7 prefect 2015
- RCL 2020 (student council Matric 2020)
- Rugby coach (Rouxville primary 2021-2023)
- Metro East District u/13 champion coach (2023)
- George 10 u/13 champion coach (2023/2024)
- School sports development program (SSDP) (2022- 2025)
- Youth leader (2022- 2025)
- Noord-Suid coach (2024)

## **References**

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Daniel Cloete 061 505 7420  
Supervisor at Old Mutual

Logan Moodaley 083 453 9317  
Educator at Elsbury Primary

Nashville Solomon 075 125 3119  
Supervisor at Elsiesriver High

