



MOHAMED NAWAS MOHAMED SUHAIL

Experienced professional with 8 years as a senior swimming instructor, 3 years in fitness instruction, and 5 years as a dryland instructor. Proven track record of producing competition-level swimmers with impressive records. Adept at creating effective training programs and fostering skill development in diverse settings.

PERSONAL

- Name**
Mohamed Nawas Mohamed Suhail
- Address**
02, Ovita, Nawalapitiya, Srilanka
20650 Nawalapitiya
- Phone number**
+97433761791
- Email**
suhailnawas8214@gmail.com
- Date of birth**
15-11-1998
- Place of birth**
Kuwait
- Gender**
Male
- Nationality**
Srilankan
- Marital status**
Single
- Driving license**
Srilankan and Qatari Driving
License Holder
- LinkedIn**
<https://www.linkedin.com/in/mohamed-suhail-078149236>

INTERESTS

- Swimming
- Gym workouts
- Listening audiobooks
- Active in social medias

LANGUAGES

- English ★★★★★
- Tamil ★★★★★
- Sinhala ★★★★★
- Arabic ★
- Hindi ★



WORK EXPERIENCE

- 2017 - 2023**
Senior Swimming instructor and Dryland Instructor
[Lions swimming club, Gampola](#)
Supervising the Swimmers Skills.correcting swimmers mistakes. Teach them the proper techniques. Ensure the Safety, focusing Dryland trainingMaintain the fitness always to react for the emergency.
- 2017 - 2019**
Senior Swim Coach
[Al-Minhaj national school, Nawalapitiya](#)
Creating the swimming workouts. Keep monitor swimming heart rates. Checking the Hazards around the swimming pool. Report the swimmer status to the head coach.
- Aug 2019 - Feb 2022**
Senior Lifeguard
[Sheraton grand doha convention and resort hotel, Doha](#)
Ensure the guests safety and security. Check the hazards around the resort. Arrange the lifeguards training program,
- Mar 2022 - Jul 2022**
Fitness instructor
[Sheraton grand doha convention and resort hotel, Doha](#)
clients satisfaction, create workout and nutrition plans, enaure the client's safety, check the hazards around the gym, weekly once train the staffs for the emergency action plan.
- Oct 2022 - Dec 2022**
Senior Lifeguard
[FIFA WORLD CUP 2022 Qatar represent Sheraton Grand Doha, Doha](#)
Happy to mention here that I got a opportunity to Work for FIFA WORLD CUP 2022 QATAR In Sheraton grand doha convention and resort hotel.



EDUCATION AND QUALIFICATIONS

- 2005 - 2014**
G.C.E O/L 2014
[Al- Minhaj national school, Nawalapitiya](#)
G.C.E O/L Passed and qualified to G.C.E A/L
- 2014 - 2017**
G.C.E A/L 2017
[Al- Minhaj National School, Nawalapitiya](#)
G.C.E Advance level Passed out.
- 2017 - 2018**
International Age Group Level 01 & 02
[American swimming coaches association, Colombo](#)
- 2018 - 2019**
Swimming instructor accreditation program
[National institute of sports science, Colombo](#)
- Feb 2022 - Mar 2022**
Fitness instructor Level 02
[International Fitness Alliance, Doha](#)

2023 - Present

International Pool Lifeguard
International LifeSaving Federation - Belgium 🇧🇪, Colombo
Pool lifeguard, surf guard, First Aid, CPR.



REFERENCES

References available on request.



SKILLS

Microsoft work	★ ★ ★ ★ ★
Great communicator	★ ★ ★ ★ ★
Time management	★ ★ ★ ★ ★
Quick learner	★ ★ ★ ★ ★



ACHIEVEMENTS

National level awarded swimmer (All Island Swimming Championship - 2017)
Two times best performer awarded by sheraton grand doha.
Two times recognized for guest service excellence in trip advisor