



Curriculum vitea

Naam: **CLONEN**
Voornaam: **Julien C.F.** → Calling name: **Jul or Julian**



Place of living:

Home address: Hasseltsestraat 45 - 3290 DIEST - BELGIUM

Private Email address: julclonen@hotmail.com

Day of birth: 02/05/1963

Place of Birth: Geel (Belgium)

Study:

- Physical education, teacher of Sports (1989).
- Belgian Olympic Academy (1998) - management of HP federations and structures
- Sport management (2007)

Current occupation:

* Team manager - Head coach of the Belgian Triathlon Federation

Responsible for the international program of the elite athletes (all WTS and several WC's) and development of the U23 and juniors into Belgium.

* Member of the ITU coaches Commission

* Owner of the THE SPORTAMBASSADORS

Professional targets

→ Contribute to the growth and development of triathlon in Belgium, with the focus on high performance and coach education programs.

→ Share my knowledge and experiences with other coaches in Belgium and worldwide. Contribute to the personal development of the colleagues I work with on a daily basis. (Visiting and talking with teams, Clubs, Coaches, athletes, parents, ...)

→ Enhance my personal expertise in high performance coaching, coach development and high performance management.

2015-2013: Combination part time Team manager / Head Coach into the triathlon Federation and part time Director of education High Performance Cycling into the Belgian Cycling Federation (Flemish Part)

2005-2013: Expert of the high performance sport in Flanders (Belgium). (8 years)

A function in the government of sport with following tasks:

- Adviser of the minister of Sport
- Responsible for
 - o the Belgian Cycling Team (with support of the government): **Continental procyclingteam Topsport Vlaanderen** - Baloise (www.topsport-vlaanderen.be)
 - o Also responsible for **talent detection, identification and preparing** (pathways, projects, profiles, ...), the **athlete career and education** and projects **sport science**

Into this period without engagement

- Adviser for the commission of high performance of triathlon in Belgium (2005-2008)
- Personal coach of Peter Croes (2006-2008)



Occupations before 2005:

1989-1999: coordinator of the Flemish sports of schools.

1998-2005: Head coach of the Belgian Triathlon/duathlon team (In 1998: without engagement)

Others without engagement :

- Managing-Director education trainer of triathlon/duathlon (2000-2005)
- Chairman of the commission of high performance of sport in Belgium (1998-2005)

My experiences and specials

- (1992-1999), member of the **executive board** of the Belgian Triathlon Federation.
- **Coaching of athletes during the Olympic Games (4), the World championships (+20), the European Championships (+10), the world cups & Worldseries (+50), Ironman Hawaii (2), other Ironmans (6); powermans (5) and other international races (continental Triathlon cups).**

Athletes :

Triathlon: Luc Van Lierde, Kathleen Smet, Mieke Suys, Peter Croes, Rutger Beke, Marino Van Hoenacker, Gerrit Schellens, Frederik Van Lierde, Bert Jammaer, Simon De Cuyper, Katrien Verstuyft, Claire Michel...

Duathlon: Benny Vansteelant, Joerie Vansteelant, Jurgen Dereere, Rob Woestenborghs, Bart Aernouts, ...

- **Creator** of a Triathlon Game (WAI-IKKE) for kids (6-12) to learning triathlon and duathlon
- Creator and later **president of honour** of a triathlon team UTO, Overijse.
- **Organiser** of events of the high performance:
 - Double Triathlon in Leuven (1993)
 - Belgian Championships Team triathlon (2x)
 - Several triathlon and duathlon races in Overijse.
 - ...
- **Organiser and/or coaching of trainings camps** all over the world (Australia, South Africa, Altitude, ...)
- **Organiser and/or guest speaker of clinics and symposia** (triathlon/duathlon)
 - symposium of the Flemish triathlon-and duathlonfederation (1995-2005)
 - **Guest speaker in Loughborough (GB) - Congress for trainers-coaches of triathlon/duathlon of the British Triathlon Federation (2004).**
 - Several clinics during the preparation period for the athletes and coaches of the high performance sports. de preparation period (1999-2008)
 - Mental training in Triathlon-Duathlon (2000-2004)
 - Digital trainings book for Young athletes (2000-2005)
 - The right position on a bike (2003)
 - Electro stimulation for athletes of the high performance athletes (2002)
 - The Flow in the sports (2006-2007)
 - Mission, vision, goals, priorities, How to built up a plan of high performance (2006-2007)
 - Talent career and education (2007-2008)
 - The structure of high performance sports in Belgium (Flanders). (2007-2008)
 - From a talent full Young athlete to a high Performance Medal athlete (2007-2008)



Looking back as a HEAD Coach of BELGIUM (athletes & medals)

2000:

- **Olympic coach triathlon Sydney 2000 (Kathleen Smet 16th place, Mieke Suys DNF)**
- Ech triathlon - Stein (NL) : Kathleen Smet : Gold
- WCh duathlon - Calais (Fr) Benny Vansteelant : Gold

2001-2002-2003:

- Ech triathlon - Carlsbad (CS) : Kathleen Smet : Silver - Peter Croes (jun) : Brons
- WCh duathlon LD - Venray (NL) : Benny Vansteelant : Gold
- Coach Belgian Team Ironman Hawaii - Preparingscamp Hawaii : Kathleen Smet, Philippe Segers...
- Ech triathlon - Gyor (HUN) : Kathleen Smet : Gold, Peter Croes (jun) : Gold
- WCh triathlon LD - Nice (FR) : Kathleen Smet : Silver - Rutger Beke : Brons
- WCh duathlon LD - Weyer (SWIS) : Jurgen Dereere: Brons
- WCh duathlon - Affoltern (SWIS) : Benny Vansteelant : Gold, Joerie Vansteelant (U23) Gold and Peter Croes (jun) : Gold
- Ech triathlon - Carlsbad (CS) : Peter Croes (jun) Gold, Kathleen Smet : Brons
- WCh triathlon LD - Ibiza : Rutger Beke : Silver
- Ech triathlon LD - Fredericia (DEN) : Gerrit Schellens : brons

2004:

- **Olympic coach Athens 2004 with Kathleen SMET (4th place) and Mieke SUYS (22)**
- Creator/founder of a school for young talented triathletes in Leuven.
- ECH Duathlon Swansea: Jurgen Dereere (Gold), Miek Vyncke (Silver)
- WC Cornerbrook : Kathleen Smet : Gold
 - o WCh duathlon - Geel (BEL) : Benny Vansteelant : Gold, Joerie Vansteelant : Gold, Miek Vyncke : Gold
 - o WCh triathlon LD - Sater (SWED) : Marino Vanhoenacker : Brons
- Member of the organiser team of the World championship duathlon Geel.
- Congress in Loughborough (GB) - Congress trainers-coaches of triathlon/duathlon British Triathlon.

2005-2006-2007:

- Organiser of the FLANDERS INDOOR TRIATLON.
- Creator of a new game for kids: WAIKIKI... .
- WCh duathlon SD in Cornerbrook (CAN), Miek Vyncke (Gold), Jurgen Dereere (Silver), Rob Woestenberghs (Brons); Bart Aernouts (Brons)
- WCh Triathlon LD in Canberra (AUS); Marino Vanhoenacker (Brons)
- To visit the Australian Institute of Sport in Canberra (5 days), UK Sport, Tour de France,
- To visit the high performance centre in Papendal in The Netherlands

2008:

- **Olympic coach Beijing 2008 Axel Zeebroek (13th place), Peter Croes (27th place).**
- I was visiting the Paralympics (Hongkong and Beijing)
- Several times (min. 5) as a person next to the driver (sport director) with the cycling team during high performance cycling courses in Belgium.

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2009 - 2010 - 2011

Participating as the head coach / Teammanager of Tri Belgium in World series and World cups all over the World (Mooloolaba, New Plymouth, Auckland, Cape Town, Londen, Yokohama, Hamburg, ... Edmonton...

2012:

- Olympic coach London 2010 Simon De Cuyper and Katrien Verstuyft

2013 - 2014 - 2015

Participating as the head coach / Teammanager of Tri Belgium in World series and World cups all over the World (Mooloolaba, New Plymouth, Auckland, Cape Town, Londen, Yokohama, Hamburg, ... Edmonton...

- WORLD GAMES coach CALI with Rob WOESTENBORGHES (GOLD)
- Claire MICHEL : WC Chengdu : Brons
- Katrien VERSTUYFT : WC CARTAGENA : Brons

GENERAL NEWS ABOUT MYSELF AS A HEAD COACH

FORTRESS	FEEBLENESS
A lot of experience to work together with medal winners like Kathleen Smet, Benny Vansteelant, Peter Croes, Luc Van Lierde, Jurgen Dereere, Joerie Vansteelant, Frederik Van Lierde, Rob Woestenborghs, Bart Aernouts...	A little bit reserved in the beginning of a cooperation. <i>(BUT this is just temporally)</i>
I know very well the structures and systems of the high performance sport international: <i>(Talent detection, identification, development, pathways, educations, sport sciences, innovation...)</i>	When my athlete lost a race I was very disappointed <i>(BUT he didn't known, because I protect him to be also disappointed)</i>
I have a vision and good feeling for focus	
A lot of experience in European- en World championships and World cups.	My English is not perfect <i>(BUT I will following lessons to be almost perfect)</i>
The experience of FOUR Olympic Games: Sydney, Athene, Beijing & Londen with triathletes and other high performance athletes	
Knowledge about the international field of athletes since 2000 + the evolution...	
Knowledge about places for trainings camps (South-Africa/Australia/...)	
Very good contact with a lot of experts in the high-performance world of Swimming, Biking and running (read: triathlon)	
Know the triathlon world very good; good contact with ITU, technical delegates and other coaches/athletes ...	



CHARACTERISTICS ABOUT MYSELF

FORTRESS	FEEBLENESS
Social - friendly	Sometimes too perfect!
Team worker and player	Sometimes reserved/shy
Orderly and correct	
Hard worker	
Purposeful/targeted/ focus/ ..	
Creative and do what others don't do	
Innovated and looking forward	

I am single and have no children... this give me some opportunities : I can go where I want to go and I have totally no problems to start a new live somewhere.

Other knowledge and hobbies

- Knowledge of the languages :

* bad ** moderate *** good **** very good ***** perfect

	Understanding	oral	written	Reading
Dutch/flemish	*****	*****	*****	*****
English	****	***	***	****
French	***	***	***	***
German	****	**	**	****

- Knowledge of computer and computer programmes

Apple computer	*****
PC computer	****
Programmes	
Word, excel, powerpoint	****
Social media	***
Twitter	**

I am very creative with the computer and make a lot of presentations

- My sports:

I like to do sports by myself: Triathlon - Running - Swimming - Biking (road cycling, mountain biking)
Walking, trekking, ..., survivals

References: The Belgian athletes, The Belgian Triathlon Federation, Loreen Barnett, Gergely Markus, The minister of sport Bert Anciaux, The high performance manager Ivo Van Aken (former coach of Kim CLijsters and Justin Henin - Tennis) Chris Jones, Jamie Turner, Graham Parker...

When you want to know more information about me, please email me



Julien CLONEN

Consulten, adviseren, ondersteunen, doorlichten, communicatie & promotie, organisatie, coachen mbt SPORT & TOPSPORT.

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