

## CURRICULUM VITAE



name: Wesselius Oncke Zimmermann (Wes)  
born: 4-oct-1964, The Hague, The Netherlands  
nationality: Dutch  
children: 1 daughter, Romy, born august 1st, 1997  
1 son, Misha, born january 10, 2000  
1 daughter, Jana, born march 27, 2001

address: street: Stille Steeg West 34  
city: Amersfoort  
postal code: 3823 ZJ, The Netherlands  
e-mail: [wesselzimmermann@hotmail.com](mailto:wesselzimmermann@hotmail.com)  
mobile phone: +31651163409  
website: [www.wesselzimmermann.nl](http://www.wesselzimmermann.nl)

### education:

High school: Gymnasium B, The Hague, the Netherlands, 1976-1983.  
College: B.A. in General Arts and Sciences, University of Nebraska, Lincoln, Nebraska, USA, with distinction, 1983-1987.  
Medical school: University of Leiden, The Netherlands, 1987-1995.  
Specialization: 1. Sportsmedicine, University of Utrecht, The Netherlands, 1996-2000.  
2. Occupational medicine, University of Nijmegen, The Netherlands, 2001-2005.

### Work, medical:

1987-1992 medical school The Netherlands  
1993 graduation thesis: injuries in springboard diving in The Netherlands  
1994-1995 internships medical school  
1996-2000 full-time training to become a primary care physician in sports medicine  
2000-2010 primary care physician (civilian) for sports injuries and occupational medicine, royal Dutch army.  
2001-2005 part-time training to become a registered clinical physician in occupational medicine  
2010-present primary care physician (lt col) for sports - and occupational medicine, royal Dutch army  
2010-present private practice: sports medicine clinic Amersfoort, Netherlands.  
2012-2015 adjunct assistant professor of family medicine, USUHS, Bethesda, Maryland.

### Work, other:

1988-2009 part-time springboard and platform diving coach  
1998-2000 director of competitive diving, royal Dutch swimming federation  
2004-present Eurosport Television diving commentator.

### career goals:

1. Sports medicine: prevention and rehabilitation of injuries in competitive athletes and physically active personnel, e.g. soldiers.
2. Diving: promotion of springboard and platform diving through coaching and (medical) management.

### Experience / projects, medical:

1986-present [www.divingliterature.com](http://www.divingliterature.com): a private collection and annotated literature list

1986 paper: how do children play? University of Nebraska  
1987 project: the interaction between abusive parent and child, University of Nebraska  
1991 book: diving in the dutch press, 1980-1990  
1993 thesis: injuries in springboard diving in The Netherlands, University of Leiden  
1995 book: diving: the Zimmermann system  
1996 book: Regulations of diving in The Netherlands 1996 (first edition), 1997, 1998, 1999, 2005, 2006, 2007, 2008  
1997 coaching diving level A. Official book of the Royal Dutch Swimming Federation (KNZB)  
1997 paper: the 6-minute walking test in patients with chronic heart-failure, University of Utrecht  
1998 project: inventory of sportmedical rehab protocols in The Netherlands, University of Utrecht  
2003 project: medial tibial stress syndrome (MTSS) in army recruits in the Royal Dutch army, University of Nijmegen  
2004 publication: injuries in basic army training in the Royal Dutch army  
2005 project: chronic exercise induced compartment syndrome (CECS) in army recruits  
2006 presentation: medical aspects of competitive diving, FINA, Athens, Greece  
2007 publication: medical aspects of competitive diving  
2008 publication: injuries in basic infantry training in the Royal Dutch Army  
2008 publication: Dutch diving fitness test, selecting young children for advanced training  
2008 presentation: medical aspects of competitive diving, FINA, Manchester, England  
2008 co-editor website: [www.coachesinfo.com](http://www.coachesinfo.com); the diving page  
2009 publication: sportcompression stockings for active soldiers  
2011 publication: fitness testing for soldiers with chronic impairments  
2012 publication: developments in the treatment of overuse injuries of the leg in soldiers  
2012 project: advisor on national diving program, Izmir, Turkey  
2013 publication: sportcompression stockings for active soldiers (2) and (3)  
2013 presentation: medical aspects of competitive diving, FINA, Leipzig, Germany  
2013 publication: chronic leg pain, attention for the soft tissues.

Team physician of a Dutch national team:

1996

waterpolo boys (European junior championships, Istanbul, Turkey)

1998

swimming (European senior championships, swimming, Sheffield, England)

1999

soccer boys (NL v Scotland and Ireland)

soccer women (NL v USA in Milwaukee and Chicago, USA)

soccer girls (6 nations tournament in The Netherlands)

waterpolo women (NL v USA, Los Angeles, USA)

2000

diving juniors (European junior championships diving, Istanbul, Turkey)

short track skating (World Cup short track speed skating, Chanchung, China)

2001

**Universiade** (Universiade, team physician to the Dutch delegation of 150 people, Beijing)

From 2000 fulltime employed by the Royal Dutch Army.

2004

diving juniors (World junior championships diving, Belem, Brasil)

springboard diving experience:

26 times National Champion, participant in:

61 international tournaments, European cup 6x, European championships 3x, University Games 1x, World Cup 2x.

career high: Big 8 student/athlete of the year 1987 (University of Nebraska).

coaching and judging experience:

club coach 1988-2009

7x national coach of the year (2003-2009)

LEN judge, level A (1995-2010)

FINA judge, level A (2000-2010).

Organisation and management:

Diving coaches educator level A, 1991, 1993, 1995, 1997, 2002, 2004, 2006, 2008

Diving coaches educator, level B, 1994

Member of the diving committee of the Dutch swimming federation, 1995-1998, volunteer position

First Director of diving of the royal Dutch swimming federation, 1998-2000 (16 hours a week, paid position).