

CURRICULUM VITAE

name: Wesselius Oncke Zimmermann
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

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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:

1987-1992 medical school The Netherlands
1993 graduation study: injuries in springboard diving in The Netherlands
1994-1995 internships medical school
1996-2000 full-time training to become sports medicine specialist
1998-2000 director of competitive diving, royal Dutch swimming federation, 40% job
2000-2010 civilian consultant for sports injuries and occupational medicine, royal Dutch army.
2010-present military consultant (It col) for sports injuries and occupational medicine, royal Dutch army
2010-present private practice: sports medicine clinic Amersfoort, Netherlands.

career goals:

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

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)

Experience / projects:

1986-present diving literature: 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

1993 thesis: injuries in springboard diving in The Netherlands, University of Leiden

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 paper: injuries in basic army training in the Royal Dutch army, University of Nijmegen

2004 project: medial tibial stress syndrome (MTSS) in army recruits in the Royal Dutch army, University of Nijmegen

2005 project: chronic exercise induced compartment syndrome (CECS) in army recruits

2006 presentation: medical aspects of competitive diving, FINA, Athens

2007 paper: medical aspects of competitive diving

2008 paper: Dutch diving fitness test, selecting young children for advanced training

2008 presentation: medical aspects of competitive diving, FINA, Manchester

2008 website: www.coachesinfo.com; co-editor of the diving page

2009 paper: sportcompression stockings for active soldiers.

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).

author of :

- Sportcompression stockings for military personnel, 2009
- Medical aspects of springboard diving, 2007
- Diving Talent & Fitness test, The Netherlands, 2006 en 2009
- Evaluation of the rehabilitation of army recruits in the Netherlands, 2005
- "Diving Literature", a reference guide to over 4000 books and articles on competitive diving; available on internet, www.wesselzimmermann.nl.
- Rules and regulations of diving in The Netherlands, 1996 (first edition), 1997, 1998, 1999, 2005, 2006, 2007, 2008
- Coaching diving level A. Official book of the royal Dutch swimming federation, 200 pp, 1997
- "Diving: the Zimmermann system", ISBN 90-802651-4-4, 1995, 200 pp, in Dutch
- "Diving injuries in the Netherlands", ISBN: 90-802651-2-8, 1993, 159 pp, in Dutch
- "Diving in the Dutch press, 1980-1990", 1991, 70 pp, in Dutch.