

# Nathalie BRUGGER

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[www.buhlerbrugger2016.ch](http://www.buhlerbrugger2016.ch)



## **KEY COMPETENCES, GENERAL**

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Professional "hard skills" : Strength and conditioning coach – Professional sailor - Ability to manage and lead ambitious projects - Teaching and coaching skills - Strong discipline-driven – Small business management

Humans "soft skills": Strong interpersonal skills - Excellent communication skills - Proven ability to manage conflict and work effectively under pressure - Strong team player - Active listener

## **SAILING EXPERIENCES**

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2024 Skipper and helm of the AC40 for the first Women America's Cup with Alinghi Redbull Racing

2023 Helm of the TF35 Alinghi Redbull Racing

2019-2021 Coach at the Olympics - Laser Radial SUI

2019-2023 Advisor/consultant/coach for the project D35 Team BlackJack

2019 Advisor/consultant for the project D35 Team BlackJack F.Marazzi

2019 Coach for the Youth Nacra15 Swiss Team

2019 Sailor with the Team la Boulangère, Trimaran Diam 24 France Sailing Tour, 1<sup>st</sup> 100% women team, 12<sup>th</sup> overall

2018 Sailor with the Team la Boulangère, Trimaran Diam 24 France Sailing Tour, 1<sup>st</sup> 100% women, 13<sup>th</sup> overall

2018 Tactician / coach / manager of the D35 Okalys Youth Team

2017-2018 Boat captain/responsible for the MapfreM32 at the VolvoOceanRace

2017 Sailor for Realteam in D35 / GC32 and physical coach for the team

2017 Sailor with Team Magenta on the World Match Racing Tour M32

  

2013-2016 Campaigning for 2016 Rio Olympics in catamaran Nacra17  
[www.BuhlerBrugger2016.ch](http://www.BuhlerBrugger2016.ch)  
**7<sup>th</sup> at the 2016 Rio Olympics and Olympic Diploma**  
2<sup>nd</sup> Weymouth ISAF World Cup 2015  
3<sup>rd</sup> World Championships 2013

2009-2012	Campaigning for London 2012 Olympics in Laser Radial <a href="http://www.NathalieBrugger.ch">www.NathalieBrugger.ch</a> 14 <sup>th</sup> London Olympics 2012 Multiple National Champion
2006-2008	Campaigning for Beijing 2008 Olympics in Laser Radial 6 <sup>th</sup> Beijing Olympics 2008 and Olympic Diploma 3 <sup>nd</sup> ISAF World Cup Hyeres
2007-2010	Sailor on the D35 Ladycat Racing Team
2004	double-handed Youth women sailor, 470 class 3 <sup>rd</sup> Youth female World Championship
2000 and 2001	ISAF Youth World Championships in 420
1994 -1999	World & European Championships participations in Optimist

## **EDUCATION**

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2020	High-Performance Sport Coach – Swiss Federal Institute of Sport Magglingen
2012	Certificate in “Sport Organisation Management Interactive Teaching and Learning” <i>The University of Fribourg</i>
2006 -2012	Bachelor of “Sports Science, Health, Research, Performance and Human Movement”, <i>The University of Fribourg</i>
2005	Graduated from the College of St-Croix, Fribourg
2000	Federal Youth & Sport trainer in Sailing (J + S Sailing)

## **OTHER WORK EXPERIENCES**

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2016-2020	Personal coach and physical trainer for individuals and sport teams
2016-2017	Independent Personal Trainer working at VO2 Studio, Bulle
2016	Founded my own company: <i>Nathalie Brugger Coaching – Sport, Performance &amp; Health</i>
2012-2014	Strength & Conditioning Coach / Personal Trainer for junior sailing teams

## **GENERAL**

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Language	French (native), English (fluent), German (practical knowledge)
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