



Tackling and Body Contact Skills – Chris Shen Profile

I have been actively involved in football since 1996. Highlights include:

- I am currently Performance Psychologist and Tackling Coach, Western Bulldogs football team (AFLW & VFLW Programs).
- Wrestling Coach, Western Bulldogs football team (AFL Program) in 2006-2007.
- Wrestling Coach, Eastern Ranges boys football team (TAC Cup) in 2017.
- Team Psychologist and Wrestling Coach, Northern Knights boys and girls football teams (TAC Cup / nab League) in 2017-2019.
- Team Psychologist and Wrestling Coach, Western Jets boys football team (TAC Cup) in 1996-1997.

Specialised Expertise:

- Certified Level One Wrestling Coach.
- I represented Australia in freestyle and Greco-Roman wrestling in 2005-2006.
- I have competed in several mixed martial arts fights in 2004-2006.
- I currently officiate as a Judge in Australia and Asia for the Ultimate Fighting Championship, an international mixed martial arts sports event.
- I have a current Police Check.
- I have a current Working with Children Check.
- I have current professional indemnity insurance and public liability insurance as a Wrestling Coach.

Please find further information about my 'Wrestling and Building Resilience' sessions for sports, here:
<https://www.christophershenshen.com.au/tackling-building-resilience.html>

I will be delighted to work with you and your players to share skills to increase their effectiveness and safety in tackling and body contact skills, and build their resilience.