

Jamie Gains

Lusk, Co. Dublin

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Personal Profile

Motivated and reliable 17-year-old seeking an electrical apprenticeship. Strong interest in hands-on technical work, tools, and site environments. Proven discipline and teamwork through coaching and volunteering. Physically fit, punctual, and ready for full-time site work while learning a skilled trade.

Education

Malahide Community School, Malahide, Dublin (2021 – Present)

Junior Certificate (2024): Merit in Mathematics, Science, Wood Technology, Applied Technology, and Irish.

St. Oliver Plunkett School, Malahide, Dublin (2013 – 2021)

Work Experience

Assistant Coach – Rush Boxing Club, Rush, Dublin (Nov 2024 – Present)

Assisted with training sessions, drills, pad work, and equipment setup. Maintained clean and organised work areas. Followed schedules, instructions, and safety procedures. Developed reliability, discipline, teamwork, and responsibility relevant to site work.

Volunteering & Activities

Transition Year Musical (2024): Assisted with planning, setup, and coordination.

Christmas Food Drive (2023): Collected, sorted, and distributed donations as part of a team.

Babysitting for family and neighbours: Demonstrated responsibility and trustworthiness.

Boxing training: Built fitness, focus, discipline, and consistency.

Skills & Certifications

Safe Pass – July 2025

Manual Handling – September 2025

Learner Driver Permit

Good teamwork and communication skills

Strong timekeeping and reliability

Willing to learn and follow instructions

Keen interest in electrical and technical trades

References

Available on request