



## Trace Malinowski

*International Training Director, PSAI ITD-7*

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### Summary

- International Training Director for all open-circuit sport, tech, cave, freediving and technician programs offered by the Professional Scuba Association International (PSAI) an ISO 9001 certified training agency
- 34 years diving with 100+ scuba and aquatics safety certifications
- Awards for 7,500+ lifetime dives and 1000+ cave dives
- 26 years teaching scuba in 9 countries having trained 625+ students
- Developed 20+ diver certification programs for two training agencies
- Board of directors for 6 organizations
- Co-Founder and president of the East Coast Freediver Club
- Expert travel guide for the St. Lawrence Seaway, Florida and Bahamian Cave Diving, the Florida Keys, Cayman Islands, and Southern California

### Teach the following PSAI Programs at the Professional (Instructor, IT, ITE) and Diver Levels:

- Cave Survey
- Multiple Stage Cave Diving
- Multiple DPV Cave Diving
- Stage
- DPV
- Cave
- Apprentice Cave Diver
- Intro to Cave
- Cavern
- Advanced Wreck Penetration
- Technical Emergency Analysis & Management
- Advanced Gas Blender
- Exploration Trimix Level III – 100m/330ft
- Advanced Trimix Level II – 75m/250ft
- Trimix Fundamentals Level I – 60m/200ft
- Extended Range Nitrox – 55m/180ft
- Advanced Nitrox – 45m/150ft
- Nitrox – 30m/100ft
- Twinset/Doubles
- ABC™ (Intro to Tech)
- PSAI Freediving Level III – 30m/100ft+
- PSAI Freediving Level II – 20m/60ft
- PSAI Freediving Level I – 10m/30ft
- All Sport Levels and Specialties

### Additional Certifications

- GUE Tech 1 and GUE Tech 2 Diver
- NSS-CDS Cave Recovery Diver
- PADI Underwater Habitat Specialist
- SDI Solo Diver
- PDIC Dive Medic Technician
- YMCA Lifeguard Instructor
- ASHI CPR, First Aid, AED, O2 Instructor
- PDIC, TDI, SDI, YMCA Instructor

### Experience

#### Commercial SCUBA Diver • July 2015 - Present

*Kyle Conti Construction, Hillsborough, NJ*

- Installation and removal of portable coffer dams utilizing Portadam™ steel supports, fabric membranes, 40 lb. and 2000 lb. sand bags, de-watering systems, hand tools, power tools, barges, and effective signals to communicate with divers, crew, and crane operators
- Carnegie Lake dam project in Princeton, NJ and Deal Lake bridge project in Asbury Park, NJ

#### International Training Director • January 2011 - Present

*Professional Scuba Association International, Sand Point, MI*

- Appointed by the PSAI board of directors in January 2011 to the specific region of PSAI Americas including North America, Central America and South America
- Conducted several Instructor Qualification Courses (IQC's), Instructor Trainer Workshops (ITW's), and instructor

- crossovers of top industry leaders increasing PSAI's presence and reputation in the Americas and Europe
- Promoted PSAI throughout assigned region and provided input regarding progress, problems, and important issues that affected the region
- Co-authored *PSAI Advanced Buoyancy Control, Trim & Technique* and developed the majority of the ABC™ program
- Authored *PSAI Freediving: A Guide for Breath-Hold Divers* and developed a three level apnea program based upon US Navy and Divers Alert Network safety guidelines

**SCUBA Diving Instructor** • February 2010 – Present

*Self-employed DBA ScubaCoachTrace.com, Clifton Twp, PA*

- Sport, technical and cave diving instructor trainer evaluator/international training director
- Primarily conduct technical and cave diver training with occasional public safety or sport level courses

**Technical Training Director** • October 2007 – January 2011

*Professional Diving Instructors Corporation, Scranton, PA*

- Technical Training Director appointed by PDIC board of directors
- Represented PDIC while serving on the RSTC (Recreational Scuba Training Council) board of directors creating ANSI industry standards for safe diver training
- Represented PDIC while serving on WRSTC (World Recreational Scuba Training Council) board of directors to create minimum ISO certification standards for diver safety and education
- Developed over 20 technical and cave diving programs
- Developed PDIC's apnea/freediving program which was the first freediving program approved by the RSTC
- Developed PDIC's Solo Diving program which included the first technical solo diving and solo cave diving distinctive specialties in the industry
- Recruited world-renowned tech and cave instructor trainer examiners and sponsors into PDIC's board of directors.

**Professional Affiliations**

- Board of Directors, PSAI, International Training Director, 2011 - Present
- Board of Directors, PDIC, Technical Training Director, 2007 - 2011
- Board of Directors, WRSTC, 2007 - 2011
- Board of Directors, RSTC, 2007 - 2011
- Board of Directors, Hydronautics - Diving for Science & Adventure Inc., Technical Director, 2001 - 2003
- Administrator, Agnes Milowka Project, 2012 - Present
- Professional Member, United States Lifesaving Association, 2003 - Present
- Site Operations Manager/Recovery Diver, International Underwater Cave Rescue & Recovery, 2007 - Present

**Awards**

- SSI Platinum Pro5000 Diver Award for 7,500+ lifetime dives
- Abe Davis Safe Cave Diving Award (International Endorsement) for 100 non-training cave dives in 5 countries
- Hal Watts Elite Cave Diving Award for 1,000 cave dives in 35 different systems
- PADI Aquanaut recognition for 24+ continuous hours on the sea floor during JUL Mission #4109
- First Place Winner, 2007 Northeast Regional Ultimate Diver Challenge

**Publications**

- *Advanced Buoyancy Control, Trim, & Technique*, PSAI, 2011
- *Freediving: A Guide for Breath-Hold Divers*, PSAI, 2015

**Television and Film**

- *Ghost Town Divers*, Series Regular, Big Table Media
- *Pennsylvania Outdoor Life*, Self, WNEP-TV
- Gimme A Hug, Featured, Protect the Sharks Foundation

**Education**

Marywood University, B.A., *magna cum laude*, English, 1993  
(Minors: Philosophy & Religious Studies)