



MICHAEL ANDERSON

YOUTH ROWING COACH

PROFILE

Accomplished Competitive Rowing Coach with a strong focus on youth development and athlete mentorship. Extensive experience in designing age-appropriate training programs that emphasize skill acquisition and personal growth. Proven ability to foster a positive learning environment that encourages teamwork and resilience among young competitors. Skilled in utilizing innovative coaching techniques and performance analysis to drive athlete engagement and performance.

EXPERIENCE

YOUTH ROWING COACH

Community Rowing Club

2016 - Present

- Developed tailored training programs for youth athletes aged 12-18.
- Organized weekly practices and competitive events, fostering team spirit.
- Implemented skills workshops to enhance rowing techniques and safety practices.
- Mentored athletes in goal setting and personal development strategies.
- Facilitated parent meetings to build community support and engagement.
- Coordinated outreach programs to attract new participants to the sport.

ASSISTANT COACH

Regional Rowing Association

2014 - 2016

- Assisted in the planning and execution of training sessions for junior teams.
- Monitored athlete performance and provided feedback to enhance technique.
- Collaborated with head coach to develop competition strategies and tactics.
- Supported athlete recruitment initiatives to increase team participation.
- Organized community events to promote awareness of rowing opportunities.
- Maintained training equipment and ensured safety compliance during practices.

CONTACT

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- San Francisco, CA

SKILLS

- Youth Development
- Coaching Techniques
- Team Building
- Performance Monitoring
- Community Outreach
- Goal Setting

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN
KINESIOLOGY, UNIVERSITY OF FITNESS

ACHIEVEMENTS

- Successfully coached a youth team to the state finals in 2021.
- Increased club membership by 40% through community engagement initiatives.
- Received the Community Leadership Award for promoting youth sports in 2022.