



MICHAEL ANDERSON

Head Rowing Coach

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SUMMARY

Distinguished Rowing Coach with over a decade of experience in elite athletic training and development. Proven expertise in cultivating competitive rowing teams, emphasizing both technique and strategy. Demonstrated success in enhancing team performance through tailored training programs and rigorous assessments. Adept at fostering a culture of excellence, discipline, and teamwork among athletes.

WORK EXPERIENCE

Head Rowing Coach Elite Rowing Academy

Jan 2023 - Present

- Designed and implemented annual training plans tailored to individual athlete needs.
- Conducted over 100 hours of on-water coaching sessions annually.
- Utilized performance analytics software to track and analyze athlete progress.
- Organized competitive events and coordinated logistics for travel and accommodations.
- Mentored junior coaches in best practices and coaching philosophies.
- Established partnerships with local schools to promote rowing programs.

Assistant Rowing Coach City University Rowing Club

Jan 2020 - Dec 2022

- Assisted in developing training regimens for novice and intermediate rowers.
 - Facilitated workshops on rowing techniques and safety protocols.
 - Analyzed race footage to provide feedback and strategic insights to athletes.
 - Coordinated community outreach programs to increase participation in rowing.
 - Implemented a mentorship program pairing experienced rowers with newcomers.
 - Participated in annual coaching clinics to enhance skill set and knowledge.
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EDUCATION

Master of Science in Sports Coaching, University of Sport, 2015

Sep 2019 - Oct 2020

ADDITIONAL INFORMATION

- **Technical Skills:** team leadership, athlete development, performance analytics, event management, mentorship, safety protocols
- **Awards/Activities:** Led the academy to win the National Rowing Championships in 2022.
- **Awards/Activities:** Developed a training program that reduced injury rates by 30% over three years.
- **Awards/Activities:** Recognized as 'Coach of the Year' by the National Rowing Federation in 2021.
- **Languages:** English, Spanish, French