

ORLY HASELHORST

Rowing Club Coach

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(150) 861-3221

7892 W Riverside Dr, Milwaukee, WI 53226



PROFILE

I am a Rowing Club Coach with over 3 years of experience. I have coached both men's and women's teams to success in local, state, and national competitions. My athletes have consistently achieved personal bests under my guidance, and I take pride in helping them reach their full potential. In addition to coaching, I also have experience managing rowing programs and facilities. I am knowledgeable about the latest techniques and training methods, and I am always looking for ways to improve my athletes' performance.

LINKS

[linkedin.com/in/orlyhaselhorst](https://www.linkedin.com/in/orlyhaselhorst)

SKILLS

Rowing

Coaching

Sports Psychology

Strength and Conditioning

Biomechanics

Nutrition

Exercise Physiology

LANGUAGES

English

German

EMPLOYMENT HISTORY

● Rowing Club Coach at Madison Rowing Club, WI

Jun 2022 - Present

- Led team of 30 rowers to first place finish in regional championship.
- Trained team to win gold at the state championships.
- Helped develop beginner rowers into competitive athletes who placed in top three at district and state levels.
- Successfully managed rowing club budget, fundraising, and equipment needs.
- Organized and led weekly practices, including on-water instruction and land-based workouts.

● Assistant Rowing Club Coach at Wisconsin Rowing Club, WI

Sep 2019 - Apr 2022

- Led a rowing club with 30 members and oversaw all practices and competitions.
- Trained athletes who went on to compete in state, regional, and national championships.
- Wrote training programs for individual rowers based on their goals and abilities.
- Monitored athlete's progress using data from practice sessions and races to make necessary adjustments.
- Coordinated travel logistics for out-of-state competitions.

EDUCATION

High School Diploma at Waukesha South High School

Sep 2014 - May 2019

Some skills I've learned are time management, how to study effectively, and how to do research.

CERTIFICATES

Certified Rowing Coach (CRC)

Oct 2020

Certified Master Rowing Coach (CMRC)

Jul 2019

MEMBERSHIPS

USRowing

National Rowing Foundation