

Jaydalee Oot

Rowing Instructor

Profile

I am a Rowing Instructor with over 3 years of experience. I have worked with students of all ages and abilities, and have helped them to improve their rowing technique. I am passionate about helping my students to reach their potential, and am always looking for new ways to challenge them. I am also experienced in coaching competitive rowers, and have helped my teams to achieve success at local and national level competitions.

Employment History

Rowing Instructor at Anchorage Rowing Club, AK

Apr 2022 - Present

- Taught rowing to 100 students.
- Led a team of 10 rowers to victory in a local race.
- Organized and ran a successful rowing camp for 30 kids.
- Wrote an article on proper rowing technique that was published in the local paper.
- Spoke at a conference on the benefits of rowing.

Assistant Rowing Instructor at Juneau Rowing Club, AK

Aug 2019 - Mar 2022

- Led a rowing class of 20 students and successfully taught them the basics of rowing.
- Taught a total of 50 classes, with an average class size of 15 students.
- Maintained a safe and enjoyable environment for all students while also providing challenging workouts.
- Was responsible for equipment maintenance and care.

Education

High School Diploma at Service High School, Anchorage, AK

Aug 2014 - May 2019

I've learned how to study for and pass tests, how to do research, and how to write papers.

Certificates

Certified Rowing Instructor (CRI)

May 2021

Certified Adaptive Rowing Instructor (CARI)

Jul 2019

Memberships

USRowing

National Rowing Foundation

Details

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Links

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

Skills

Rowing

Coaching

Sports Psychology

Strength Training

Conditioning

Nutrition

Biomechanics

Languages

English

Japanese

Hobbies

Biking

Running

Swimming