

Sonakshi Roupas

Rowing League Coach

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📍 1234 Elm Street, IA 10001

Education

High School Diploma at Iowa City High School, Iowa City, IA

Aug 2015 - May 2019

I've learned how to study for and write tests, how to do research, and how to use different resources to help me learn.

Links

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

Skills

Rowing

Coaching

Training

Strategy

Motivation

Communication

Leadership

Languages

English

Bengali

Hobbies

Organizing rowing events

Coaching rowing teams

Recruiting new rowers

Profile

I have over three years of experience coaching rowing. I have coached at the high school, collegiate, and club levels. I am passionate about developing athletes and helping them reach their potential. My ultimate goal is to help my athletes win championships. I have a proven track record of success and am confident that I can continue to produce results at the highest level.

Employment History

Rowing League Coach at American Rowing League, IA

Mar 2022 - Present

- Led team to 1st place finish in league championship.
- Achieved a personal best time for the 2,000 meter race.
- Qualified for and competed in the National Rowing Championships.
- Won gold at the State Rowing Championships.

Assistant Rowing League Coach at Rowing League of America, IA

Jul 2019 - Feb 2022

- Led team to a winning season, with a record of 7-2.
- Developed strong relationships with athletes and helped them improve their rowing skills.
- Created practice schedules and led daily practices that improved the team's performance.
- Organized and oversaw competitions, including travel logistics for away meets.
- Wrote monthly newsletters to keep parents updated on the team's progress.

Certificates

Certified Rowing League Coach (CRL)

Sep 2020

Certified Rowing Instructor (CRI)

Apr 2019

Memberships

USRowing

National Rowing Foundation