

DREW HARRISON

ROWING COACH

PERSONAL INFORMATION

Drew Harrison

Address: 2051 Skyline Crescent, Saanichton, B.C. V8M 1M6 Canada

Tel/fax 250-652-8543

E-mail: drew_harrison@shaw.ca

I have coached international and domestic champions in Canada, Japan, and the U.S., and have coached in 4 Olympic Games and 15 years of international championships. I understand what it takes to move a shell fast, am a good leader, and have a passion for coaching winners.

WONDERFUL WORLD OF ROWING LTD. founder and president since 1996

Custom coaching development services

Represents WinTech Racing and Stellar Kayaks and Surfskis

CURRENT COACHING AND ACTIVITY

Head Coach at Asian Rowing Federation High Performance Training Camp, Taishun China, Nov. 2017- Jan. 2018. About 50 good rowers and their coaches from 12 Asian nations participated in this 3 month long camp. This was the first ARF training camp for top athletes.

Primary presenter at Junior Coaches Conference in China, 2016.

I coached U-19 and U-17 boys at the Gorge RC and have coached U-19 rowers and National Team candidates at Victoria City RC through 2015. Recent athletes have won many Junior races in the region. Several have gone on to compete on Canadian Sr. A and U-23 teams. The 4 boys and 4 girls I coached in 2003 were all selected to race at the World U-19 Championship that year. I am also co-founder of WinTech Racing USA, which manufactures and sells rowing shells. Activities have included being the primary presenter at the Pan American Rowing Coaches Conference in Mexico City, coaching a FISA Women's Pan American Development Camp, coaching an All Asian Training Camp in China, coaching Central Asian athletes and coaches in Pakistan, teaching coaches in Sri Lanka and Korea, and working with the FISA Development Program. I have led many coaching workshops in B.C., have organized the annual B.C. Rowing Conference, and have been a Master Coach at the National Coaching Institute.

PAST INTERNATIONAL COACHING

Japan

From 1991 through 1996 I was Head National Coach and Technical Director in Japan and was the first foreigner to lead the Japanese system. During this time athletes and coaches learned to be competitive internationally.

Performance highlights include

- * qualifying men and women athletes in 5 boats for the '96 Olympic Games
- * '96 4th place women's lightweight 4- World Championship
- * '95 lightweight men's 2x gold medal Copenhagen International Regatta (first ever Sr. A gold for Japan)
- * '94 finalist men's lightweight 8+ World Championship (first ever finalist for Japan)
- * numerous gold medals in Asian international competitions
- * competitive men's 8+ and women's 2- in '92 Olympic Games
- * development of an effective High Performance system
- * developing coaches and athletes from which the post '96 teams have come

In addition I led many coaches workshops throughout Japan, wrote the popular book, *Moving The Boat Effectively* (Japanese language), worked with several committees, and introduced many new ideas within a highly structured system.

Canada

I was National Coach in Canada from 1983 to 1989, serving as Co-coach at the Victoria High Performance Training Centre from '86 to '89 and as Head Women's Coach at the former Vancouver Training Centre from '83 to '86 (while also Head Women's Coach at the University of British Columbia and Vancouver Rowing Club).

Performance highlights include

- * silver medal women's 2- at '84 Olympic Games
- * bronze medal women's 4+ at '85 World Championship
- * bronze medal women's 4+ at '86 World Championship
- * gold medal women's 4+ and strong women's 2x at '86 Commonwealth Games
- * strong crews at '88 Olympic Games and '87 World Championship
- * being the personal coach of many members of the Sr. A and Sr. B Teams
- * developing a system in which athletes progressed from novice to National Team, with some going on to win Olympic gold medals

This was a period of exciting personal challenge with continual involvement with good athletes (male and female, scullers and sweep), other good coaches, and committed sport scientists.

United States

I coached 3 U.S. boats while working as Syracuse University Freshman Coach.

Performance highlights include

- * '82 men's lightweight 1x silver medal at World Championship
- * '81 men's lightweight 1x gold medal and lightweight 8+ 5th at World Championship
- * '77 men's lightweight 4- 9th at World Championship

UNIVERSITY AND CLUB COACHING

1989 to 1991, 1999 to 2015, Victoria City Rowing Club

I coached many Victoria City Rowing Club Sr. and Jr. athletes to personal best performances and some to National Team development. Senior wins include 2001: Canadian Henley U-23 1x; 1999: Canadian Henley Sr. 1x and Sr. 2x; 1991: Open Men's 8+ at San Diego Crew Classic and Sr. Men's 2x at Canadian Championship. There were many Sr. wins at the BC Championship and Jr. wins at the BC Championship and Western Canada Games in 1989- 1991. Coached Shawnigan Lake School 1990 to 1991. Leader in coaching development in BC.

1983 to 1986, Head Women's Coach University of British Columbia/ Vancouver R.C.

Head Women's Coach University of British Columbia and Vancouver Rowing Club, while splitting time as National Coach. We dominated national, regional, and local races during most of these 4 years. Numerous athletes developed to become National Team members, U-23 Team members, and international medal winners. Wins include 1986: Women's 8+, 4+, and 2- at National Championship, Women's Sr. 8+, Sr. 4+, and Sr. 2- at Canadian Henley; 1985: Women's 8+ and 2- at National Championship, Women's Sr. 8+ at Canadian Henley; 1984: Women's 4+ at National Championship, Women's Sr. 4+ at Canadian Henley, Women's 8+, 4+, and 2- at University Championship, and Women's 8+ at San Diego Crew Classic; 1983: Women's Sr. 8+, Special 4+, Jr. 8+, Jr. 2-, and club Efficiency Trophy at Canadian Henley.

1974 to 1982, Freshman Men's Coach Syracuse University

Freshman Men's Coach Syracuse University. Competing in the Intercollegiate Rowing Association (US) my Freshman 8's won most of their dual races and in the IRA National Championship won the gold medal 3 years, silver medal 3 years, and bronze medal 2 years, finishing out of the top 3 only once in 9 years. This included a span of 3 straight wins (for the first time in US history) and 6 straight years of 1st and 2nd places. Semifinalist 8's at Henley Royal Regatta in 1976

and 1977. I also served as Interim Women's Head Coach for one of these seasons.

1969

First started coaching as a volunteer at Georgetown University.

ADDITIONAL ROWING ACTIVITIES

During a 44 year span of professional coaching and 54 years of ongoing rowing I continue to be involved in many interesting activities. A sampling includes leading innovative coaching development projects, organizing development camps, forming training programs for varied level athletes, presenting at coaching conferences, and serving on national and local committees. I am currently a winning Masters rower and sculler. I have been inducted into the Syracuse University Rowing Hall of Fame.

EDUCATION

M.S. in Physical Education, Syracuse University, completed while a visiting student at University of Victoria 1989 to 1990. Research area: Accuracy of Perceived Exertion in Anaerobic Threshold Training for Rowing.

National Rowing Coaches Conferences (Can), extensive interaction with sport scientists at these annual conferences.

National Coaching Institute (Can), audited many sport science seminars while serving as a Master Coach for students from China, New Zealand, and Japan.

B.S., Syracuse University College of Speech and Drama, 1968.

PUBLICATIONS

Moving The Boat Effectively: This book helps athletes and coaches understand the importance of effective technique. Published in Japanese in 1993.

Accuracy of Perceived Exertion in Anaerobic Threshold Training for Rowing, published in *FISA Coach*, 1992.

Numerous articles for Japan's rowing magazine and Jr. coaches newsletter, and Rowing British Columbia's *Blades in B.C.*