

# MICHAEL BAKER

(508) 367-1380 • ROWINGMIKE@GMAIL.COM

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## EXPERIENCE

- 2015 – Head Coach and Boys Varsity Coach, Wayland-Weston Rowing Association, Wayland, MA
- 2011 – Present: **Varsity Girls Assistant Coach**, *Community Rowing Inc.*, Boston, MA
- Lead light-weight coach focusing on both sculling and sweep, as well as assisting the head coach with varsity open-weight training, Fall through Spring; lead quad coach, Summer term.
  - Counsel student-athletes and parents regarding collegiate rowing programs throughout the country.
  - Maintain open communication between administration and coaching staff involving equipment, travel, safety and athlete concerns.
  - Responsible for trailering and allocation of equipment for both regional and long-distance regattas, including the annual winter training trip in Florida.
- 2012 – Present: **Head Logbook Sculling Coach**, *Community Rowing Inc.*, Boston, MA
- Evaluate skills, ability and fitness of athletes to prepare specialized training plans for individual athletes' racing and training goals.
  - Develop group training plans for both short- and long-term fitness and development of athletes at all levels.
  - Manage and direct assistant coaching staff on and off the water.
- 2011 – Present: **Adult Indoor Winter Training Coach**, *Community Rowing Inc.*, Boston, MA
- Motivate individuals and groups to maintain fitness and training goals throughout land-based aerobic and anaerobic winter training sessions.
  - Evaluate skills, ability and fitness of athletes to prepare specialized training plans for individual athletes' racing and training goals.
  - Develop group and individual training plans for both short- and long-term fitness and development of athletes at all levels.
- 2009 – 2010: **Program Director and Head Coach**, *Cape Cod Rowing Inc.*, Cape Cod, MA
- Coaching responsibilities included designing and maintaining programs ranging from Youth and Masters' Learn-To-Row programs, to a competitive Under 23 Summer Rowing program.
  - Administrative duties included coaching education, increasing membership, monitoring budgets, travel logistics, and repairing and maintaining equipment.
- 2000 – 2010: **Assistant Boat Builder**, *Arborvitae Boat Works*, S. Yarmouth, MA
- Skilled labor involving precision building and restoration of classical wood and fiberglass watercraft.
  - Responsible for clerical functions such as ordering materials and maintaining customer accounts.
- 2006 – 2009: **Assistant Coach**, *Cape Cod Rowing Inc.*, Cape Cod, MA
- Coached the Girls Novice Crew.
  - Transported equipment to and from races; maintained and repaired rowing equipment.
- 2004 – 2005: **Lead Sr. Women's Rowing Coach**, *Ottawa Rowing Club*, Ottawa, ON Canada
- Organized and implemented daily training on the water; recruited Canadian athletes.
  - Prepared crews for local and international Regattas.
- 2004 – 2005: **Men's Assistant Rowing Coach**, *U. of Massachusetts Amherst*, Amherst, MA
- Coached the UMass Novice Men's Crew; recruited athletes on- and off-campus.
  - Assisted the UMass Head Coach in coaching the UMass Varsity Men's Crew.
  - Organized transportation and lodging of athletes and rowing equipment for all in-season races as well as winter training.
- 2001 – '03, '06: **Assistant Junior Rowing Coach**, *Winsor School for Girls*, Boston, MA
- Coached both the Varsity and Novice Crews.
  - Assisted the Winsor Head Coach with daily coaching and administrative duties.
  - Organized and directed Winsor's home-course regattas on the Charles River.
  - Transported athletes and equipment to/from races.

## CERTIFICATIONS

- 2011 – Present USRowing Level III Coaching Certificate
- Current – 2016 Heartsaver First Aid, CPR, AED – American Heart Association

## EDUCATION

- 2002 – 2005: U. of Massachusetts Amherst Amherst, MA  
Sports Management – Isenberg School of Management
- 1995 – 1997: Hawaii Pacific University Honolulu, HI

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## COACHING RESULTS

2013	Royal Canadian Henley Regatta	Gold Junior Women's Pair	<i>Community Rowing, Inc. (CRI)</i>
2011	CanAmEx Regatta	Gold Junior Women's Quad	CRI
		Gold Junior Women's Single	CRI
		Silver Junior Women's Double	CRI
2011	Club Nationals	Gold Junior Women's Quad	CRI
		Overall Points Trophy	CRI
2010	Textile River Regatta	Gold Women's Club 2X	<i>Cape Cod Rowing (CCR)</i>
2010	Massachusetts Public School State Championships	Gold Girls 3rd Varsity 8+	CCR
		4th Girls 1st Varsity 8+	CCR – CCR Best Ranking
2009	Textile River Regatta	Bronze Women's Club 2X	CCR
2009	Massachusetts Public School State Championships	Gold Girls 1X	CCR
		Silver Girls 2X	CCR
		Bronze Girls Novice 8+	CCR
		Bronze Girls 2x	CCR
2005	New England Rowing Championships	4th Men's 2nd Novice 8+	<i>U. of Massachusetts (UMass)</i>
2004	Ontario Championships	Gold Senior Women's 2-	<i>Ottawa Rowing Club (ORC)</i>
		Gold Senior Women's 4-	ORC
		Silver Senior Women's 2-	ORC
2004	ERA'S	Gold Senior Women's 2-	ORC
		Gold Senior Women's 4-	ORC
		Silver Senior Women's 2-	ORC

## PERSONAL ACHIEVEMENTS

2009	USA Triathlon Age Group National Championships		
2009	<i>C4 Cape Cod Cycling Club</i> President and Founding Member		
2009	<i>Cape Cod Racing</i> Founding Member		
2008	IronMan Arizona Top 10%	10hr 14m	
2007	Boston Marathon	2:54	
2006	Hyannis Marathon Top 10 Men	2:57	
2006	Royal Canadian Henley Regatta		
	Gold LW 4+	<i>Riverside Boat Club</i>	
	Gold LW 8+	<i>Riverside Boat Club</i>	
2005	Royal Canadian Henley Regatta		
	Gold LW 4+	<i>Ottawa Rowing Club (ORC)</i>	
2005	Head of the Charles Regatta		
	Gold LW 4+	ORC	
2004	Head of the Charles Regatta		
	Gold LW 4+	ORC	
2004	Royal Canadian Henley Regatta		
	Gold LW 2-	ORC	
2004	Ontario Championships		
	Gold Open Men's 8+	ORC	
2002	<i>University of Massachusetts Men's Crew</i> Captain		
1999	Boston Marathon	2:59	
1999	<i>Cape Cod Rowing, Inc.</i> Founding Member		
1997	<i>Honolulu Rowing Club</i> Founding Member and Trustee		