

# Sample Rowing Resume

John Doe  
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(518) 555-1000  
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**STATISTICS:** Height: 5'10, Weight: 175lbs, Wingspan: 66"

**ERG SCORES:** 2,000m – 6:48 (January 1, 2009)  
6,000m – 20:57 (December 20, 2008)  
10,000m – 38:62 (December 12, 2008)

## **ROWING EXPERIENCE:**

Niskayuna Rowing (Niskayuna, NY)  
Reference: Coach Awesome, Tel: (518) 555-0000

## **FRESHMEN/NOVICE SEASON HIGHLIGHTS:**

Fall 2006	Mayhem on the Mohawk	Freshmen 8+ (bow)	1 <sup>st</sup> place
	Head of the Fish	Freshmen 8+ (bow)	3 <sup>rd</sup> place
Spring 2007	Sectionals	Freshmen 8+ (bow)	1 <sup>st</sup> place
	NYS States	Freshmen 8+ (bow)	2 <sup>nd</sup> place
	Stotesbury Cup Regatta	Freshmen 8+ (bow)	9 <sup>th</sup> place

## **JV SEASON HIGHLIGHTS:**

Summer 2007	Canadian Henley	Jr B 4x (stroke)	14 <sup>th</sup> place (by time)
		Jr B 2x (stroke)	8 <sup>th</sup> place (by time)
Fall 2007	Participated in the Head of the Charles		
	Head of the Fish	Varsity 4+ (3 seat)	6 <sup>th</sup> place (out of 56)
	"	"	"
Spring 2008	"	"	"
	"	"	"

## **VARSITY SEASON HIGHLIGHTS:**

Summer 2008	"	Jr A 1x	"
	"	"	"
Fall 2008	"	1V	"
	"	"	"
Spring 2009	"	Lightweight 8+	"
	"	"	"

## **ACADEMICS:**

Niskayuna High School, 1625 Balltown Road, Niskayuna, NY 12309  
GPA: 3.54  
SAT: 600 Math, 570 Verbal

## **COLLEGE/PROFESSIONAL PLANS:**

Earn a degree in sports medicine/psychology

## **OTHER ACTIVITIES/INTERESTS:**

Elementary School Tutor (2006-2008)  
HS Musical: Titanic (2007)  
Cross Country Ski Team (2007and 2008)  
National Honors Society