


PERSONAL INFORMATION

Brock Sampson



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Date of birth 11/01/1976 | Nationality American

PERSONAL STATEMENT

I have humbly served in this sport since 2007, and continue to work extensively with high school, club level and pre-elite/elite level and Olympic athletes. I've served as an assistant coach in the development of high school rowing teams and have instructed all levels of junior and masters rowing, including the lead coaching of junior and adult special need and adaptive programming. I am proficient in coaching sweep and sculling technique, boat rigging, fitness/ nutrition training and overall athlete development.

SELECTED HIGHLIGHTS

- Currently develops rowers internationally on behalf of FISA
- Serves as an America Rows council member
- Managed and delivered a 6-month development camp for Lightweight male and female Ugandan athletes at the Bosbann, Amsterdam, Netherlands
- Successfully mentored and coached single scull athletes in WU23, World Cup and World Championships
- Founded and directed a for-profit and non-governmental organization whose direct purpose is to inspire children and developing countries through the sport of rowing
- Former board member and Marketing Director for a large membership based non-governmental organization rowing club
- Created and managed the online client services web service and corporate rowing programs for a large membership based for profit rowing and kayak/ canoeing center
- Competitive scull and sweep oarsman since 2007
- Certified Indoor Rowing Coach (Concept2)
- Certified US Rowing Coach (L3)
- Adaptive, Juniors and Masters Rowing assistant coach under the apprenticeship of my mentor and coach Mark Borchelt
- Creator and Director of local adaptive/ development programs under It's Bigger Than You and Texas Rowing Coach
- Development Lead for Learn to Row and Semi Competitive initiatives at Austin Rowing Club and Texas Rowing Center

WORK EXPERIENCE

03/01/2017–Present

Freelance Coach

Sampson Coaching and Advisory Services B.V., Nijmegen (Netherlands)

RV de Wall, Nijmegen Netherlands

- Masters Women's Competitive 8+

01/01/2008–03/01/2017 **Rower, Coach and Entrepreneur**

Texas Rowing Coach Inc., Austin (United States)

I've worked with FISA and the Dutch National Rowing Organization (KNRB) at an international capability. I coached extensively with high school, club level and pre-elite/elite level and Olympic athletes. I developed high school rowing teams and instructs all levels of junior and masters rowing, including the coaching of junior and adult special need and adaptive programming.

I provided structured programs that promote physical activity, health and wellness lifestyles for private students and corporations for the Austin TX community.

Current career highlights include:

- (FISA) Maintained and update Olympic athlete and coach profiles for developing nations such as Cuba, Tunisia, Iran, Uganda, Nigeria, Israel, Pakistan, Algeria and Peru.
- (FISA) Conducted measurements including, but not limited to: rigging, sub-maximal ergometer testing, strength and flexibility training, video analysis, body composition, and anthropometric measurements.

Austin Rowing Club - Coach and Board Member

May 2009 – May 2012

- Assistant coach to men's junior varsity and varsity teams.
- Head coach to monthly, multi class, multi-level Learn-To-Row programs for both juniors and masters.
- Taught rowing technique and training principals to all levels of the program (grade school through masters).
- Educated students in land and water safety in addition to teamwork and sportsmanship.
- Interacted with parents to provide insight and techniques in their child's development through the sport.
- Represented ARC at local, rowing related, organizing and development meetings.
- Board member and Marketing Director.

Texas Rowing Centre

May 2012 – January 2014

- Head coach to monthly, multi class, multi-level Learn-To-Row programs for both juniors and masters.
- Head coach to multiple high school adaptive and special need programs through Texas Rowing for All.
- Taught rowing technique and training principals to all levels of the program (grade school through masters).
- Educated students in land and water safety in addition to teamwork and sportsmanship.
- Interacted with parents to provide insight and techniques in their child's development through the sport-Represented TRC at local, rowing related, organizing and development meetings.
- Built and managed the online customer management systems for memberships and structured classes.

01/09/2008–01/06/2015

Founder

Its Bigger Than You Inc., Austin (United States)

I worked with constituent groups including boards, committees, volunteers, and external audiences such as the Texas Schools for the Deaf and Visually Impaired. I built and retained exceptional staffs through volunteers and university students to create excellent work and collaborative environments. I oversaw and coordinated all aspects of budgeting and fiscal management. I designed and provide technical assistance in areas of board and program development, community assessment, and process/outcome evaluation. I developed and sustained its web and social media presence.

EDUCATION AND TRAINING

05/05/1994–05/08/1998

Bachelor of Science

EQF level 6

North Carolina State University, Raleigh (United States)

Textile Technology and Managerial Science

PERSONAL SKILLS**Mother tongue(s)** English**Communication skills**

- Excellent communication and requirements elicitation skills gained as an international supply chain consultant and business analyst
- Excellent communication and motivation skills gained as an international professional rowing coach
- Excellent communication and entrepreneurial skills gained as a founder of a local non-profit organization

Organisational / managerial skills

- Entrepreneurial
- Leadership
- Large team organization
- Large education opportunity management

Job-related skills

- Mind Body Online (nl.mindbodyonline.com)
- Video editing
- Photoshop CS
- Google Analytics
- Google Adwords
- Microsoft Excel
- MS PowerPoint
- MS Visio
- MS Project
- HTML

- SQL

ADDITIONAL INFORMATION

Projects [Beyond Rivers End | A Ugandan Rowers Journey\(Link\)](#)

May 2013 – October 2013

Gerald Gamreal Ssemambo, a 20-year-old male single sculler from Kampala, Uganda, has been invited to compete at the 2013 World Rowing Cup, Under 23 Rowing Championships, World Championships in Korea, and the prestigious Holland-Beker Regatta in June. Elite rowing environments, at least from a European standard, do not exist in Uganda. Fortunately, his transportation to these events has been covered by FISA, the World Rowing Organization.

Unfortunately, the elite coaching, methodology and equipment to be competitive on a world stage is something he severely lacks. Basics such as proper nutrition and clothing are also a challenge. This is where we need your help.

Olympic Solidarity, is defined as the "aim is to organize assistance for all the National Olympic Committees (NOC), particularly those with the greatest needs, so that they can develop their own structures to favour the expansion of sport in their country," are noble. It's Bigger Than You feels this is a noble cause.

Our commitment, though, is to ensure that athletes, especially those from NOC's with fledgling rowing federations, have the proper tools they need to be physically, psychologically and emotionally ready for these types of racing environments. Gerald's success inspires future Ugandan athletes to row, and develops Uganda's Rowing Programs for future generations.

Hamadou Djibo Issaka of Niger, who was invited to race in the men's single sculls in the 2012 Olympics, was quoted in a recent article: "When asked about finishing so far behind in his races, the quietly spoken Issaka replied that he was "used to it" and didn't mind..."

The invitation of all athletes should be accompanied with a true commitment to the athlete as well.

Certifications **USRowing America Rows**

America Rows Diversity and Inclusion Council Member

Starting October 2013

FISA

Developing Nation Coach

Starting February 2015

Concept 2, Inc

Certified Indoor Rowing Coach

Starting May 2011

USRowing

Level 3 Rowing Coach

Starting May 2010