Lindsay Dare Shoop, OLY, MSEd, CSCS

[Lindsay@LindsayDareShoop.com](mailto:Lindsay@LindsayDareShoop.com)|[www.LindsayDareShoop.com](http://www.LindsayDareShoop.com)

Olympic Champion, Hall of Fame rower turned coach, author, speaker, and sport commentator with a particular interest in performance longevity, sport for development, intrinsic motivation, and interpersonal and team dynamics.

With ***purpose***, ***empathy***, ***trust***, and ***team builder*** as my top traits, I thrive in environments where I get to educate and empower, inspire possibility, health, and wellbeing.

**Education**

* MSEd Exercise Physiology, University of Miami, 2018
  + *Specializations—Strength and Conditioning, Nutrition, Entrepreneurship*
* Professional Development, University of Virginia Graduate School of Education, 2004
* BA Spanish, Art History minor, University of Virginia, 2003

**Certifications and Licenses**

* Boatmate / Boating Safety Education, *BoatUS*
* Certified Strength and Conditioning Specialist, *National Strength and Conditioning Association*
* CPR / AED for Professional Rescuers, *American Red Cross*
* Emergency Medical Technician, *National Registry of EMTs*
* Emergency Medical Technician, *State of Florida*
* First Aid with Bloodborne Pathogens Training, Epinephrine Auto-Injector Training, Asthma Inhaler Training, and Emergency Oxygen Administration, *American Red Cross*
* Level II Coach, *USRowing*
* SafeSport Trained, *US Center for SafeSport*
* Trainer, *Positive Coaching Alliance*

**Publications**

* *El Libro de la Gerencia Deportiva.* Kinesis, 2022. (Contributing Author, *Volunteerism in Sport*)
* *From Olympian to Lifeguard.* American Lifeguard Magazine, 2021.
* *Rowing Tales: Stories about rowing to make you smile.* 2021. (Contributing Author, *Sharing is not caring.*)
* *Becoming Better Great Than Never.* Row360 Magazine, 2020.
* *Better Great Than Never: Believing it’s possible is where champions begin.* LionCrest Publishing, 2020.
* *Olympic Athlete: Five tips to keep you physically, mentally sane during isolation.* USA Today, 2020.

**Presentations and Commentary**

**NCAA Women’s Rowing Championships, 2022**

* Commentator, Sport Analyst

**USRowing Youth National Rowing Championships, 2022**

* Commentator, Sport Analyst

**Positive Coaching Alliance, Coach and Athlete Workshops, 2022**

* *Filling Emotional Tanks*
* *Honoring the Game*
* *The ELM Tree of Mastery*
* *Becoming a Triple-Impact Competitor*
* *Making Teammates Better, Leadership Series*

**Barry University Athletics, National Girls’ and Women in Sports Day Celebration, 2022**

* *Special Topics—Balancing Life/Happiness, Branding Yourself, Life After Sports, Networking*

**Society for NeuroSports, Annual Conference, 2022**

* *Never Better Than Now: Balancing Happiness and Performance Pressure—Insight from the Olympian’s Mind*

**NBC Olympics, Rowing Coverage, 2021**

* Commentator, Sport Analyst

**ACC Network and ESPN, Atlantic Coast Conference Rowing Championships, 2021**

* Commentator, Sport Analyst

**US Olympic and Paralympic Team Trials I and II, Rowing, 2021**

* Commentator, Sport Analyst

**Sports Authority of India, Ministry of Youth Affairs and Sports, 2021**

* *Sport for National Integration and Global Solidarity*
* *From Novice to Elite: Building for Life*

**World Learning, International Sports Programming Initiative, 2021**

* Panelist*, Games Like No Others: Perspectives on the Olympics past and present.*

**USRowing, Webinar and Camp Series, 2019, 2020, 2021**

* *The Responsible Athlete: Become Your Own Champion*
* *Mental Training: Motivation*
* *Mental Training: Accountability*
* *Mental Training: Approaching Challenges*
* *Mental Training: Visualization*
* *Leadership: The Coach/Athlete Relationship*
* *Lessons Learned on the Way to the Podium*
* *The Athlete Lifestyle: Masters (three-part series)*
* *Rowing Injury Progression and Prevention*
* *Functional Athletic Movement for Rowers*
* *Functional Athletic Movement for Coxswains*
* *Optimizing Warm-ups and Cool-downs*
* *Training and Programming Warm-ups and Cool-downs*
* *Athlete Wellness: Nutrition, Hydration, and Rest*
* *Nutrition: Training Strategies*
* *Nutrition: Competition Strategies*
* *Athlete Nutrition*
* *Rowing Technique*

**Saratoga Coaches Convention, 2020**

* *Functional Training in Everyday Practice*
* *Common Rowing Injuries and Their Progression*

**USRowing, Annual Convention, 2019**

* *Integrating Treatment and Training: The Collaborative Approach to Athlete Wellness*
* *Breakfast with Champions* (panel discussion)

**CanAmMex International Rowing Championships, 2019**

* Commentator, Sport Analyst

**USRowing Youth National Rowing Championships, 2019**

* Commentator, Sport Analyst

**University of Miami School of Education and Human Development, 2018**

* *Rebranding Goals: Making them SmartER*

**Barry University College of Nursing and Health Sciences, Department of Sport and Exercise Sciences, 2017**

* *Discussions in Sport Psychology: Olympic Insight*

**United Nations Office on Sport for Development and Peace, International Sport and Impact Summit, 2016**

* Panelist and Global Representative

**Barry University *Freshman Orientation*, Guest Lecture 2015**

* *Time Management and Goal Setting for the Collegiate Athlete*

**Athletic Experience**

**Hall of Fame Inductee, US National Rowing Hall of Fame, 2014**

* Inducted for *Outstanding Performance at the 2008 Beijing Olympic Games*—earned the first Olympic gold medal in women’s rowing for the United States at the 2,000-meter race distance
* Selected by teammates to speak on behalf of the team at the induction ceremony

**Elite Athlete, US National and Olympic Rowing Team, 2004-2010**

* Women’s Eight (2005-2009), Women’s Pair (2005), Olympic Champion (2008), FISA International Female Crew of the Year (2008), 3-Time World Champion (2006, 2007, 2009), 8 World Cup Appearances, 5 World Cup Medals, Former World Record (2006-2013), Henley Royal Regatta champion and course record (2006)

**Collegiate Athlete, University of Virginia Women’s Rowing, 2002-2004**

* Team Captain, *Oarsmanship* Award, two-time NCAA All-America selection, two-time All-Region selection, two-time All-Conference selection, Atlantic Coast Conference Academic Honor Roll

**Professional Experience**

**Trainer, Positive Coaching Alliance, 2022-present**

* Lead interactive, research-based coaching workshops (in person and via video conferencing); Provide coaches, parents, athletes, and sport administrators *specific tools* to ensure a “positive youth development experience” through sport
* Lauded by National Lead Trainer and Director of Training for strong content knowledge, unique storytelling, and ability to deliver interesting and thorough presentations

**Ocean Rescue/EMT, City of Miami Beach Fire Department/Ocean Rescue Division, 2011-2013, 2020 to present**

* Professional rescuer on one of the most highly trafficked, richly diverse beaches in the world—millions of visitors annually
* Perform countless preventative actions, medical assessments, ocean assists and rescues
* Imperative to maintain and to continually improve physical fitness and open-water skills, along with skills related to rescue watercraft, off-road vehicle skills, solo and team rescue procedures, rapid decision-making, surveillance, “customer” interaction, conflict resolution, crowd control, documentation, etc.

**Sport Analyst/Commentator, 2019-Present**

* Recruited for knack for storytelling to drive interest and increase the educational impact of live and voiceover commentary—NBC Olympics, ESPN, ACC Network, USRowing, and various national and international events

**Technique and Mobility Coach, USRowing Olympic Development Program, 2019-present**

* Specializing in mobility and technique, recruited to improve the education of youth athletes—particularly, in the areas of self-care, injury prevention, and mindset

**Coach, Author, Speaker, 2008-Present**

* Specializing in motivation, mobility, and world-class technical coaching—via camps, clinics, workshops, webinars, conferences, individual sessions/lessons
* Some prior clients include, American Express, J.P. Morgan Chase, NiSource Corporation, The United Way, Johnson & Johnson, Brown & Brown Insurance, Axiom Law, Southern Wine and Spirits, Crispin, Porter, and Bogusky, United States Olympic and Paralympic Committee, *USRowing*, National Rowing Foundation, Chicago Rowing Foundation, University of Miami, Barry University, University of Virginia Board of Visitors, University of Virginia Athletics, Virginia Athletics Foundation, Boys and Girls Clubs, Boy Scouts of America, Big Brothers Big Sisters, Junior League of New York, plus, various schools, sports teams, clubs, community and community service organizations
* Featured on podcasts including, *SpartanUp!, Tough Girl, Success Through Failure, Leadership Under Fire, USA Weightlifting, White Tiger, Power Monkey, Conquer Athlete, Rowing Wolf, FSU Coach, Leo Training, Empowerment and Courage, The Gifted?, On Air with Ella, Author Hour*
* *See also, “Publications” and “Presentations and Commentary” Sections*

**Collegiate Women’s Rowing Coach / Recruiting Coordinator, University of Miami, 2016-2019**

* Unprecedented performance gains—wins against never-before beaten opponents, team earned conference accolades, first conference championship medal in program history, rates of injury almost zeroed, improved athlete retention, team-wide personal records
* Collaborative coaching style—for example, implementation of strength/weakness assessment (coach and athlete input) identified strategies for short- and long-term performance improvements
* Overhaul of training and strength plans including recovery, injury prevention, self- and team-care, mental preparation, and team building activities that led to improved overall morale (as described in anonymous athlete surveys)
* Recruiting efforts focused on talent identification, relationship development, and the athlete experience improved recruitment and retention of higher-caliber student-athletes

**Women’s Rowing Coach, The 9th Seat, LLC, 2014-2017**

* Female Olympic gold medalist-run program with particular emphasis on physical/mental development of youth athletes
* Key areas of focus: confidence and leadership skills, technical instruction, basic sport nutrition, mental approach to training and competition, injury prevention, conversations on the demands of collegiate and elite athletics

**Collegiate Women’s Rowing Coach, Barry University, 2014- 2016**

* Implementation of collaborative leadership style and overhaul of training and team-building strategies led to back-to-back *NCAA Division II National Championships*—two team titles, four individual boat titles, the first in program history—over two undefeated seasons, as well as two *NCAA Division II Staff of the Year* awards
* Program overhaul resulted in team-wide personal best performances, reduced rates of injury, improved team unity (per direct athlete feedback and written evaluations)
* Improved domestic recruiting, and converted equipment, gear, and travel logistics processes from manual to automated systems
* Regularly entrusted with solo transport of nearly one-quarter of million dollars’ worth of equipment on 60+foot trailer over thousands of miles

**Program Director / Rowing Coach, Pine Crest School, 2012-2014**

* Practiced *servant* leadership to encourage *shared* leadership skills in coaches, staff, and athletes
* Emphasis on autonomy while restructuring team vision and mission (based on athlete, parent, and institutional wants, needs, and expectations) resulted in unprecedented programmatic improvements—three-fold increase in student-athletes recruited to collegiate/division I level, top-seed finishes regionally, six-fold improvement at state level, team-wide personal records, injury rates nearly zeroed, tripling of athlete attendance
* With just five coaches for 160+ athletes, organizational measures and training adjustments maximized resources and streamlined processes to ensure athlete safety, satisfaction, engagement, and improvement
* Some key program adjustments—set clear goals, policies, and procedures for safety, team building and accountability, technical training and physiological development, athlete and coach mentorship, budgets (including short term, long term, capital expenses), parent/volunteer engagement
* Assumed role of boatman/maintained all equipment—boat refurbishment, solo transport of nearly one-million dollars’ worth of equipment on 60+foot trailer over thousands of miles
* Also acquired CDL for athlete transport, and worked concurrently as middle-and high-school tutor and in the school library

**Rowing Coach, Miami Beach Rowing Club, 2010-2011**

* Specialized in the technical development of new incoming athletes—to quickly transition late starters to the varsity squad

**Human Resources Assistant, Princeton University Human Resources, 2004-2010**

* Facilitated department’s transition from manual to a digital recruitment system
* Streamlined projects for staffing, benefits, and the *Solution* *Center*—maintained confidential records, conducted research and audits, organized interview schedules

**Non-Profit Experience**

*Plus, regular volunteer service with local, regional, national, and international agencies.*

**Bicycle Safety Marshal, Miami Dolphins’ Cancer Challenge, 2018, 2019, 2021, 2022**

* Largest fundraising event in the NFL, hosted by the Miami Dolphins NFL franchise
* Part of support team handpicked to provide the utmost in rider safety, care, and support along various mass bicycle rides throughout Miami-Dade County—as part of annual fundraising event and its associated training rides

**Board Member, Keep Paddlin’, Inc, 2012-2014**

* Markedly improved board accountability and increased brand awareness—enhanced creativity and professionalism of press releases, promotional materials, biographical and legal information, web verbiage, and marketing materials

**Frank Shields Fellow, National Rowing Foundation, 2009-2010**

* While training full-time with US National and Olympic Team—helped increase recurring donor relationships via direct networking, fundraising, and event planning, managed secure donor database

**Professional Associations**

* National Rowing Foundation, Old Glory Boat Club, [www.natrowing.org](http://www.natrowing.org)
* National Strength and Conditioning Association, Professional Member, [www.nsca.com](http://www.nsca.com)
* United States Lifesaving Association, Professional Member, [www.usla.org](http://www.usla.org)
* United States Olympians and Paralympians Association, [www.teamusa.org](http://www.teamusa.org/)
* United States Rowing, Legacy Member, [www.usrowing.org](http://www.usrowing.org)
* World Olympians and Paralympians Association, [www.woaolympians.com](http://www.woaolympians.com/)

**Professional References**

* Dr. Darlene A. Kluka—former Dean, *Barry University*
  + [eyesport@aol.com](mailto:eyesport@aol.com), (225) 993-1447
* Dan Rosenberg—parent of former student-athlete
  + [danrosenberg5@gmail.com](mailto:danrosenberg5@gmail.com), (954) 882-2510
* Chris Chase—Director of Youth, Masters, & Safety, *USRowing*
  + [Chris.chase@usrowing.org](mailto:Chris.chase@usrowing.org), (518) 376-9172