

MICHAEL PEDERSON

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Professional Coaching Overview

Co-founder of Omanyd Excellence Consulting 2022

Team Canada men's and women's foil weapon Leader (2022)

Team Coach, Canadian national senior women's foil team (2014 - 2021)

Canadian Olympic Team Coach Women's Foil for the Tokyo Olympics (2021)

Team Coach Canadian national junior men's and women's foil team (2015)

USA National Coach and Co-Coach for women's foil (2004 - 2010)

USA Fencing High Performance Director (2009)

USA Olympic Team Coach women's foil for the Beijing Olympics (2008)

Co-Founder and Head Foil Coach of Golden Gate Fencing Center, San Francisco (1997 – 2022)

Education

1981 - 1986 BS Education-English and English as a Second Language, UW Madison

1993 - 1994 Prevot d'Armes Foil and Epee, École International d'Escrime de Montréal

1993 - 1994 Level 3 Certification, NCCP Canada

2006 - 2008 USOC Coaching Seminars

2023 – 2024 Advanced Coaching Degree, NCCP Canada

2023 – 2024 Maitre d'Armes Foil and Epee, USFCA

Coaching and National Sport Organization Experience

Canadian Men's and Women's foil weapon leader 2022

Worked as weapon leader for men's and women's foil. Responsible for managing athletes, coaches and overall program for both weapons. Responsible for international relations with outside federations, referee's and coaches; planning and managing yearly budgets; keeping the ongoing relationship with outside funding partners up to date and being accountable to those partners for reaching mutually set performance goals. Travel with both teams to selected world cup and grand prix competitions.

Canadian National Team Coach for Women's Foil 2012 – 2021

Worked as a national team coach for Canadian women's foil. Responsible for athlete development from youth to senior levels. Worked with athletes to improve their fencing, planned training cycles, and competition strategy at the individual and team level to prepare for cadet, junior, and senior world championships as well as the Olympic games. I worked

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directly with athletes in individual lessons and group training and with other coaches to create the four-year training plan which includes yearly macrocycles, individual athlete gap analysis, nutrition analysis, sports psychology plan, athlete competitive adjective profile, and monitoring tools. I also worked with athlete's personal coaches to ensure that the national team athletes were training as planned and that the personal coaches were included in the overall yearly training process.

Canadian Junior National Men's and Women's Coach

2015-2016

Hired as the junior and cadet national team foil coach for men and women. Responsible for managing international competitions, national and international training camps. Worked with personal coaches to identify strengths and weaknesses and develop training methods to address weaknesses and supplement strengths.

US National Team Coach for Women's Foil

2009 - 2010

Coach of the US National women's foil program. Planned, trained, and managed the program and athletes to achieve excellence. Worked with all levels from Youth to Senior and coached extensively at cadet, junior and senior world cups and world championships.

US Fencing High-Performance Director

2009

Hired to run and oversee the High-Performance Program of USA Fencing. Responsible for the development and growth of all six weapons, national team coaches, and top athletes. Managed the budget, a staff of 4 and relations with the USOC. Responsible for developing the high-performance plan, presenting the HPP to the USOC, and maintaining all USOC relations. Achieved the highest level of funding ever at that time for USA Fencing. As HPD, was part of the Executive Management Team for USA Fencing.

USA Olympic Coach Women's Foil Individual and Team

2008

Created strategic and tactical plans with team athletes resulting in a silver medal in women's team foil. In conjunction with USFA office, managed logistical details for the team in terms of travel and hotel. Managed the women's foil budget for the duration of the Olympic qualification process. Worked individually with team athletes in lessons, as well as collectively in group drills and training. Kept the team focused and on track for Olympic success during turbulent athlete qualification and coach selection process.

USA National Co-Coach Women's Foil

2004 - 2009

With USA National Co-Coach Nat Goodhartz, designed and implemented strategic, financial and developmental plans for Women's Foil in USA. Responsible for Junior and Senior World championships, Pan American Games, and Olympic Games teams. During our tenure, the women's foil squad won medals and finished in the top 8 at the Olympics, Cadet and Junior World Championships and numerous cadet, junior and senior international competitions and World Cups.

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Head Coach & Founder

1997 - 2023

Co-founder of Golden Gate Fencing Center. Grew program from 20 students to over 125. Designed and ran youth and adult training programs including technical, tactical, psychological, and physical training.

Coaching Certifications, Seminars, and Awards

Level 3 Prêvot Foil, Epee	NCCP Canada	1993
Making Headway in Sport	NCCP Canada	2018
Making Ethical Decisions	NCCP Canada	2019
Safe Sport Training	NCCP Canada	2019
Respect in Sport	NCCP Canada	2021
Safe Sport Certified	US Fencing/Canada Fencing	2013 - present
USOC Coaching Conferences	USOC Coaching Program	2005 - 2009
PASO Coaching Conference	Keynote Speaker - Fencing	2009
Order of Ikko Award	USOC	2008
Coach of the Year – US Fencing	US Fencing	2007
Coach Developer Certification	ICCE	2022
Maitre d'Armes Foil & Epee	USFCA	2024
Advance Coaching Degree	Coaching Canada	2024 - 2025

Notable Coaching Achievements

Team Canada – Women's Foil 5th Team - Tokyo Olympics
Team Canada - Eleanor Harvey 16th Individual - Tokyo Olympics 2020
Team Canada - Jessica Guo, Gold Medal - Cadet World Championships - 2021 Cairo
Team Canada - Jessica Guo, Bronze Medal - Junior World Championships - 2021 Cairo
Team Canada - Eleanor Harvey. Silver Medal- Junior World Championships 2015 - Tashkent
Team Canada - Eleanor Harvey, Silver Medal- Junior World Championships 2014 - Plovdiv
Team Canada - Alanna Goldie, Gold Medal - Junior World Cup 2012 - Leszno
Team USA - Gold Medal Team - Junior World Championships Belfast 2009
Team USA - Silver Medal Team - Beijing Olympics 2008
Team USA - Doris Willette - Gold Medal - Bratislava Junior World Cup 2006

References available upon request.