

## **James Dundon, MBC Director of Coaching and Programming**

The MBC Board of Directors is pleased to announce James Dundon as the new MBC Director of Coaching and Programming effective, May 25, 2023. He will be formally introduced at the General Membership Meeting at the boathouse on Sunday, June 4, 2023 at 6 PM. He will oversee MBC coaches and support staff and the advancement of athletes' skill and physical fitness for rowing. Through coaching and programming, he is to develop a sustainable positive culture at the Minnesota Boat Club and ensure the safety of athletes on and off the water.

James has numerous coaching experiences going back to the 1990s. He coached the collegiate men rowing team at the University of St. Thomas from 1998 to 2002. At the Minneapolis Rowing Club, he coached Junior Men from 2005 to 2008 and the Senior Men from 1998 to 2016. He started 612 Endurance, a mobile rowing club for competitive single sculling. In addition to rowing, he coached the Southwest High School Nordic Ski Team for 20 years, 2003 to 2023. Each year, at least one of his cross-country skiers earned All-State recognition. James has guided athletes to the NCAA Division I cross-country skiing program.



Many athletes under James have medaled in various races at regional and national rowing championships and placed high at the Canadian Henley and Head of the Charles. Some of them went onto successful collegiate rowing careers. He provided in-depth stroke analysis of sculling and sweep rowing. Along with the analysis, James implemented year-round rowing and strength training programs at Minneapolis Rowing Club. He also developed a cross-country skiing stride analysis and strength training program for cross-country skiers.

Besides coaching, James has been competing since his days at the Milwaukee Rowing Club where he finished 2nd in the Junior Double at the 1981 National Sports Festival. After high school, he competed for the University of St. Thomas and the Minnesota Boat Club. In 1991, he rowed in the U.S. Development Camp and raced in the finals at the Pan-American Trials, US Nationals and Canadian Henley. He then rowed for the U.S. National Team in 1992, winning three events at US Nationals and finishing 2nd in the Elite Double at the Henley. He represented the US at the 1993 World University Games where he finished 6th in the Lightweight Double.

From 1992 to 2016, James competed for the Minneapolis Rowing Club, winning races at the NWIRA and Master Nationals in various categories. In 1994 and 1995, James rowed at the US Lightweight Training Center. He raced in the Lightweight Double at the 1996 US Olympic Trials, representing the Durham Boat Club with Bob Dreher as his rowing partner. Representing the Minneapolis Rowing Club, he raced at the 1998 and 1999 US World's Trials and the 2000 US Olympic Trials. Since 2016, he has been racing for 612 Endurance.

The MBC Board of Directors looks forward to James' leadership in leading the boat club to continue its successful rowing legacy.