

Coach Rob Junod- Bio

Education:

Bachelors of Science - Meteorology - College: Millersville University

Master of Science - Atmospheric Science - College : University of Alabama in Huntsville

Doctorate of Science - Atmospheric Science - College: University of Alabama in Huntsville

Rowing Bio:

- Rowing-competitively: 11 years
- Rowing-Experience: 13 years
- Monsignor Bonner High-school (Drexel Hill, PA)
- Penn AC (Philadelphia, PA)
- University of Alabama in Huntsville (Huntsville, AL)
- Rocket City Rowing Club (RCRC) (Huntsville, AL)
- Present : Huntsville-Madison County Rowing & Watersports (Huntsville, AL)

Began rowing in 2001 at Monsignor Bonner. Received varsity letters for 3 years, All-Catholic for 3 years, top 10 finishes in 3 years at SRAA Nationals. Silver Medal Boy's Senior Four at Stotesbury Regatta, 2nd place Men's Youth 16 4+ at Independence Day Regatta, Scholar Athlete

Rowed for University of Alabama in Huntsville for one season. Rowed for Rocket City Rowing Club for several years. Now rows for Huntsville-Madison County Rowing & Watersports

Competed at the Head of Charles, Head of Schuylkill, Stotesbury Regatta, SRAA Nationals, Head of the Hooch, Independence Day Regatta, and many more

Coaching Bio:

- Coaching: 14 years
- Monsignor Bonner High-school
- University of Alabama in Huntsville
- Rocket City Rowing Club
- Present : Huntsville-Madison County Rowing & Watersports (Row Huntsville)

Assistant Freshmen/Novice coach for Monsignor Bonner :

- Coached crews at Catholic League Championship, Philadelphia City Championship, and Stotesbury Regatta while there.

Head Men's Novice Coach/Assistant Men's Varsity Coach for RCRC:

- Coached crews at regional/national regattas which included 1st place finish in Southeast Youth Championship in Men's Novice 4+. This was the first time a Men's Novice 4+ has won in club history.

Head Men's Varsity Coach for RCRC:

- In only one year's time as Head Men's Varsity coach, put more sweep Men's Varsity boats into finals at Southeast Youth Championship than ever before in RCRC club's history.

Knowledgeable in strength/cardio training, safety, boat repair/rigging, race strategy, and officiating.

Certified USRowing Level II Coach. Certified in CPR, First Aid, and SafeSport.