

# TARA MORGAN

9223 SW Harbor Drive Vashon, WA 98070, (206)854-1267

[coachtara@seizetheoar.com](mailto:coachtara@seizetheoar.com), [www.seizetheoar.com](http://www.seizetheoar.com)

## Work/Coaching Experience

### Head Coach/Founder, Seize The Oar :: Inclusive Rowing in the PacNW April 2013 - present

Founder and coach of competitive/recreational team for athletes with disabilities

- Provide lead coaching and training for athletes along the ability spectrum - novice and high performance
- Manage staff - hiring, training, and evaluation
- Serve as Board President and ambassador of relationships with donors, volunteers, interns, and staff
- Manage Foundation business
- Create and execute programming supporting inclusive rowing programs and methodology via clinics and coaching education, curriculum development and consulting

### Coach, Mount Baker Rowing & Sailing Center, Seattle, February 2010 - October 2018

- **Intro and Learn To Row Program Coordinator/Coach**  
Create and execute one-day Intro to Row and multi-month Learn To Row curriculae for adult beginning and new rowers.
- **Intermediate Level Coach**  
Specializing in older/senior rowers and developing inclusive rowing training.
- **Rowing Leadership Training Facilitator**  
Create and execute one-day Intro To Row Leadership Training for area corporations and non-profits.
- **Class Instructor**  
Row//Fit Indoor Rowing Fitness class.

### Head Coach/Founder, C'Mon! Peak Performance For The Rest of Us, Seattle, January 2012 - January 2017

- **Private Coach, Rowing** - High School and Masters Level athletes: Rowing, Land Fitness. Skill-specific personal training, goal-setting, troubleshooting and peak performance planning.
- **Tour Sales and Guide, Paddle Board** - Tours provided for all ages and abilities, includes basic instruction and encouragement, plus opportunities to learn about paddle board yoga and fitness moves, as well as the natural habitats surrounding our tour locations.

## ADD'L COACHING/TEACHING

- **Coach, Seattle Girls School**, September 2014 - November 2017  
D1 & D2 Volleyball coaching and team management
- **Personal Trainer, YMCA - West Seattle & Fautleroy**, September 2014 - December 2015  
Personal Wellness Planning, Small Group Training, Personal Training
- **Coach, Pocock Rowing Center, Adult Beginning Rowing Coach**, March 2014 - June 2015  
Execute beginning rowing program for a variety of skills and abilities. Manage team events, plus daily communications.

## Group Exercise Instructor, 2010 - 2019

- Pop-A-Wheelie Indoor Cycling, **Recess Lab, Vashon**
- Pop-A-Wheelie Indoor Cycling, SnowBonk Ski Fitness, KickBoxing Instructor, **Ridge Fitness, Seattle**
- Indoor Cycling Instructor, **Live Love Flow, Seattle**
- Indoor Cycling Instructor, TRX/Cycle Instructor, **Mode Fitness, Seattle**

## Credentials

ACE Fitness Certified Personal Trainer, US Rowing Level I and II Coaching Certification, Lemond Cycling Teacher Certified, WA State Boater's Certified, CPR/First Aid Certified