

# BLAKE DOUGLAS GOURLEY

[blake@rowingstrength.com](mailto:blake@rowingstrength.com)

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## EDUCATION

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**Concordia University Chicago**  
M.S. Sports Performance Training  
2015-2017

**University of California, Berkeley**  
B.A. Communications  
2004-2008

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## PROFESSIONAL CERTIFICATIONS

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\*Certified Functional Strength Coach (**CFSC**)  
\*Functional Movement Screen Level 2 (**FMS**)  
\*NASM Certified Personal Trainer (**CPT**)  
\*Corrective Exercise Specialist (**CES**)  
\*Functional Capacity Screen (**FCS**)

\*Selective Functional Movement Assessment (**SFMA**)  
\*Functional Range Conditioning Mobility Specialist (**FRCms**)  
\*Performance Enhancement Specialist (**PES**)  
\*Bioforce Certified Conditioning Coach (**BCCC**)  
\*Pain-Free Performance Specialist (**PPSC**)

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## EXPERIENCE

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**Rowing Strength**, Campbell, Ca June 2013 –Present  
*Performance Consultant/Owner*

- Educated and coached rowers to be more resilient and to improve their rowing performance..

**Los Gatos Rowing Club**, Los Gatos, Ca May 2010 –August 2018  
*Performance Director / Men's Coach*

- Lead seminars to educate the coaching staff on the latest advancement in sports performance.
- Proactively worked toward reducing the occurrence of injuries.
- Worked to develop a system of progressions to develop assistant coaches and athletes.
- Led the Varsity Men to a 2<sup>nd</sup> place finish at Championships in 2011 & 2010, and 5<sup>th</sup> in the Nation in 2011.
- Led the Novice Men to a 3<sup>rd</sup> place finish in the A8+ and Frosh 8+ in 2012 at SW Championships.
- Led the Novice Men to a 4<sup>th</sup> place finish in the A8+ and B8+ in 2016 at SW Championships.

**Santa Clara University**, Santa Clara, Ca January 2014- June 2016  
*Strength & Conditioning Coach for Men's Rowing*

- Helped them achieve their best performances in school history in 2014-2016. 2016 WSC Champions.

**Mike Boyle Strength & Conditioning**, Woburn, MA June 2013-August 2013  
*Sports Performance Intern*

- Coached middle school, high school, collegiate, and professional athletes.

**Stanford University**, Stanford, Ca January 2013-June 2013  
*Sports Performance Intern*

- Assisted with strength and conditioning, speed, agility, flexibility, mobility, and nutritional programs.

**UC Berkeley**, Berkeley, Ca August 2004-January 2004  
*Division I Recruit*

- Recruited to row for the undefeated national champions.
- Unfortunately injured in the 1st semester.

**Los Gatos Rowing Club**, Los Gatos, Ca August 2000- June 2004  
*High School Rower*

- Team Captain and Fastest Erg 2004.

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## NOTABLE MENTION

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- Author of the book, “The Movement of Rowing” (2020)
- Co-author of 3 published articles on Strength Training for Rowing (2019-2020)
- Author of the “Movement Assessments for Rowers” guest chapter in the book, “Rowing Stronger” (2018)
- Co-presenter of the Rowing Chat Strength Coach Roundtable (2015-Present)
- Board Member for West Valley College Sports Medicine Certificate (2015-Present Saratoga, CA)