

Piotr Bednarski Curriculum Vitae

Age 37

Married, children ages 1 and 3

Education

Cornell University, Ithaca, NY

BA 1988 Government, International Relations

Oregon State University, Corvallis, OR

Graduate course work in Biomechanics and Exercise Physiology, 1990-1991

St. Cloud State University, St Cloud, MN

Completed coursework for Masters Degree in Biomechanics, 1991-1993

Awards

U.S. Olympic Committee Development Coach of the Year- Biathlon, 1996

U.S. Olympic Committee Elite Coach of the Year- Biathlon, 2000

Allstate Insurance Company- Helping Hands Coaching Award- 2002 Olympics

Publications

Timing Study of the 1992 Winter Olympic 10km Biathlon Sprint

Mechanical Energy Analysis of Elite Cross Country Skiers at the 1992 Winter Olympics

Analysis of Poling Forces in Cross Country Skiing

Equipment Design

Prototype design of quick release ski pole strap for U.S. Biathlon Team, 1992-1994

Mentorship

Assistant to Steve Gaskill at Team Birke Ski Education Foundation. Elite cross country skiing development program for junior and senior athletes, Minneapolis, MN, 1993-1995. Gaskill was U.S. Head Nordic Combined Coach 1981-1985 and Head Cross-Country Coach 1989-1991.

Coaching Experience

Head Coach and Program Director, Minnesota Biathlon CODP, Minneapolis, MN, 1995-present

- Head coach for Twin Cities biathlon program, with athletes achieving national and international success in biathlon and cross country skiing competition.
- Implemented year round training plans and physiological monitoring for elite level athletes
- Successful national and international record- qualified many athletes to U.S. Olympic and World Championship Teams. Minnesota Biathlon athletes have dominated the U.S. World University Games and U.S. World Junior Championship teams since 1997. MN Biathlon athletes have also competed at the World Junior Championships for Cross-Country Skiing
- Promoted and increased state and national visibility of biathlon through program development, coaching clinics and recruiting events.
- Developed network of coaches and programs statewide
- Developed several venues and biathlon clubs in Minnesota by creating programs, overseeing physical site construction, and fundraising through grant writing and sponsorship request.

Assistant National Team Coach for international competition trips, U.S. Biathlon Team

World Junior Biathlon Championships, 1996, 1998, 2000, 2001, 2003

World University Games/Europa Cup Team, 1997, 1999

Junior Development Coach, U.S. Biathlon Team, 2001

- Developed training plan for U.S. Junior Development Team
- Conducted training camps

Assistant Coach- Team Birke Ski Education Foundation, Minneapolis, MN 1993-1995

- Conducted Master's Training group
- Implemented training plan for elite junior and senior athletes
- Ran training camps
- Managed product sales and fundraising

Conditioning Coach- Alpine Ski Team, Oregon State University, Corvallis, OR, 1990-1991

- Developed and implemented strength and endurance training for Alpine Ski Team

Head Cross Country Skiing Coach, Cornell University, Ithaca, NY, 1988-1990

- Developed and implemented team and individual training plans
- Organized training camps and competition trips

Other Relevant Work Experience:

Graduate Teaching Assistant, St Cloud State University, Department of Health and Physical Education

- Taught and developed curriculum for undergraduate physical education classes for resistance training, ice skating, Ultimate Frisbee
- Assisted in a variety of exercise physiology and biomechanics research projects

Graduate Research Assistant, Oregon State University, Department of Health and Physical Education

- Assisted with a variety of exercise physiology and biomechanics research projects
- Validated performance of laboratory testing equipment
- Analyzed data for back-testing protocols

Personal Athletic Experience

Cross Country Skiing: NCAA Division 1 and citizen racing from 1984 to present

1st place Classic 42km 2004 Mora Vassalopet, 64th 2003 American Birkebiener 55km

Biathlon: 2004 Master's National Biathlon Champion, ranked 16th at 1994 Olympic Trials

Road and Trail Running: regular competitor in local 5km to marathon distance. Especially competitive in trail running. 5th place 2000 and 2002 Voyageur Trail Marathon

Mountain Biking: regular competitor in local mountain bike competitions, Comp category

Rowing: Collegiate experience, Cornell University, lightweight crew

Duathlon/Triathlon: occasional competitor

Event Organizing

Athlete Compound Coordinator, 2002 Winter Olympics, Soldier Hollow, Utah

Chief of Competition

- USSA North American Super Tour, Mt Itasca, MN 2004, 2005
- U.S. Junior Biathlon Trials, Mt Itasca, MN 2002, 2003
- -U.S. Summer Biathlon National Championships, Mt Itasca, MN 2003

Chief of Course

- City of Lakes Loppet, largest urban ski race North America 2003, 2004

Series Coordinator for Minnesota Summer and Winter Biathlon Series 1996-2004