

Zsolt Szadovszki

zsolt@zsoltski.com • 415-412-4997

Selected Achievements

- 2006 Top 10, Dubai Shamaal International Surfski Race (Open Water Surfski Single)
- 2006 5th Place, U.S. Surfski Championship (Open Water Surfski Single)
- 2006 4th Place, U.S. National Sprint Team Trials (Flat Water K2 1000m)
- 2005 4th Place, U.S. Surfski Championship (Open Water Surfski Single)
- 2000 Top 25, Molokai Hoe Hawaiian Canoe World Championship (Open Water OC6)
- 1999 4th Place, World Cup Kayak-Canoe, Yugoslavia (Flat Water K4 1000m)
- 1998 **Silver Medalist (2)**, World Championship Kayak-Canoe, Hungary (Flat Water K4 500m & 1000m)
- 1998 **Gold Medalist**, Hungarian National Kayak-Canoe Championship (Flat Water K4 1000m)
- 1996 **Silver Medalist**, Quadrathlon Hungarian National Championship (Swim, Kayak, Bicycle, Run)

Relevant Experience

Zsoltski.com – Owner

Sausalito, CA (2006)

- Coach and Instruct private paddling sessions
- Lead group conditioning classes primarily focused on surfskiers
- Teach forward stroke technique clinics

Hungarian National Team & MTK Physical Club – Professional Kayaker

Budapest, Hungary (1987-2000)

- Competed professionally & trained extensively throughout Europe, Australia and the U.S.

MTK Summer Youth Kayak – Assistant Instructor

Budapest, Hungary (1992-1996)

- Kayak Instructor for beginning youth class

Education & Certifications

American Safety & Health Institute *San Francisco, CA 2005-2007*

- CPR Certification
- First Aid Certification

Hungarian Physical University *Budapest, Hungary 1996-2001*

- 2001 Educational Training for the Ski Instructor
- 1999 Restorative Massage for Athletes
- 1998 Symposium on Nutrition for Athletes
- 1997 Physical Education for the Development of Olympic Style Kayak and Canoe Programs
- 1996 Weight Training for Athletes

Community Activities

- Stanford Sprint Canoe & Kayak Club, Volunteer Coach, *Palo Alto, CA 2006*
- San Francisco Out-rigging Canoe Club, Member, *San Francisco, CA 2004-2005*
- Hungarian Scout Troop #19, Kayak Instructor, *Chicago IL 2002-2004*
- Lincoln Park Boat Club, Kayak Instructor, *Chicago IL 2002-2003*

Interests

- Surf Skiing, Kayaking, Skiing, Swimming, Biking, Running, Hiking, Soccer, Yoga