

Katrin Gleie



Coaching experience

LBRA Masters coach: 6/2008-current
LBJC Boys Varsity coach: 9/2008-6/2010
Rowbics/Powerhouse Fit instructor: 7/2008-8/2010

Coaching credentials

Coaching level 1 & 2 certified.
Concept II indoor rowing certified.
Rowbics certified.
Boating safety certified.

Rowing highlights

2008 Master's Nationals: 1st place in W1x AA, W2x C, and W8+ B. Representing LBRA.
2006 San Diego Crew Classic: 1st place in W8+ A. Representing USC Alumni.
2000-2003 Full athletic scholarship to USC, racing in the Varsity W8+ at NCAA all three years.
2000 Olympics (Sydney): 6th place in the W4x. Representing the Danish National team.
2000 Danish National Championship: 1st place in the 1x. Representing Lyngby Roklub.
1998-2000 Danish National team member racing the W4x
1997-1998 Danish U23 National team member racing the W1x
1996 Danish National championship. 1st place in the W2x. Representing Lyngby Roklub.

About me

I was born and raised in Denmark and started rowing by chance. Fell in love with the sport instantly during a learn to row weekend, and can easily say that rowing has changed my life. Being on the Danish national team and pulling good erg scores caught the eye of some US college coaches, and I was offered a full athletic scholarship for USC. After graduating USC with a BA in Social Science, I worked 3 years in a group home for emotionally disturbed teenage girls. In 2007 I moved to Long Beach and was thrilled to be able to row at LBRA. I started coaching the Masters, Juniors and indoor rowing classes then called Rowbics now Powerhouse Fitness. I had to stop coaching the juniors and indoor rowing classes when I got pregnant with my son in 2010, but was able to continue coaching the masters on a part time basis. I thoroughly enjoy sharing my passion for rowing, and hope to continue to train and race for the rest of my life.

