

Jason J. Orkowski

Gymfinity Gymnastics

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Education:

University of Wisconsin at LaCrosse

1983-1989

LaCrosse Wisconsin

Bachelor of Science; Physical Education

Bachelor of Science; Health Education

Professional Experience:

Gymfinity Gymnastics

1998-Present

Fitchburg Wisconsin

Owner, Program Director and Head coach for girl's team USAG levels 3-10

Madison Turners School of Gymnastics

1996-1999

Madison Wisconsin

Senior Instructor

Head coach of girl's team USAG levels 4-9, 1998 Second place team at Turner National Championships

Assistant boys coach USAG class 6

Pre-School Director

Madtown Twisters Gymnastics

1992-1996

Madison Wisconsin

Senior Team Coach USAG levels 4-8

Class Instructor ages 2-18

Senior Instructor for "Gymnastics for Special Populations"

Facility Manager

Winona State University

1991-1992

Winona Minnesota

Assistant Women's Gymnastics Coach

Program Director WSU Community Gymnastics Program

LaCrosse YWCA

1990-1991

LaCrosse Wisconsin

Head Team Coach USAG levels 4-6

Director Rivercity Gymnastics Exhibition Team

Class Instructor for ages 4-16

... Professional experience continued

Boys and Girls Club of LaCrosse <i>LaCrosse Wisconsin</i> Head Coach USAG levels 5-6 Class Instructor ages 4-17	1988-1990
Onalaska Middle School <i>Onalaska Wisconsin</i> Health Education and Physical Education long term substitute teacher	1989-1990
University of Wisconsin at LaCrosse <i>LaCrosse Wisconsin</i> Assistant coach 1989 NCGA National Champion team Senior Instructor U.W.L Little Eagles Continuing Education Program Assistant to instructor for university class in <i>Relaxation and Mental Training of Athletes (1988)</i>	1984-1989
Milwaukee Department of Recreation <i>Milwaukee Wisconsin</i> Open Gym Supervisor – James Madison Senior High School Program Director/Senior Instructor for community gymnastics program – John Marshall Senior High and Daniel Webster Middle School (summers only)	1980-1985

Additional Professional Experience

3rd Level Consulting <i>St. Louis Missouri</i> Business Grades Seminar, featured speaker	2010
USA-Gymnastics Safety Educator <i>Various sites</i> Instructor	2000-2011
Lake Owen Gymnastics Camp <i>Cable Wisconsin</i> Master Coach and group leader	2000-present
Wisconsin State High School Coaches Association <i>Various sites</i> Featured clinician: Mental Training, Balance Beam and Tumbling	2004-06
Wisconsin Porter Gymnastics Camp <i>Woodruff Wisconsin</i> Senior Counselor and Group Leader	1982-1995
USA Gymnastics National Congress Participant	1994, 1996, 2000-09
Region IV Mini-Congress Participant	1995, 1999, 2007-09
Sheboygan YMCA <i>Sheboygan Wisconsin</i> Featured Clinician and Lecturer	1991

Wisconsin Independent Gymnastics Association State Clinic **1996**
Waukesha Wisconsin

Professional Memberships

Character Counts! **2006-present**
Gold Medal Children's Activity Centers Advisory Board member

Wisconsin Gym Club Owners Association **2002-present**
Serving as Vice President since 2003

Professional Member of USA Gymnastics **1989-Present**
Serving on Wisconsin State Board since 2004

Wisconsin Independent Gymnastics Association **1992-Present**

US Elite Coaches Association **1999-Present**

Certifications

USA Gymnastics

- State of Wisconsin Safety Educator **2000-2010**
- Safety Certification **1989-Present**
- Meet Director Certification **1994-Present**
- Skill Evaluator Certification **1993-Present**
- Professional Development Program Level I & II **1993-Present**

American Heart Association **1981-Present**

- CPR Certification
- First Aid Certification