

CURRICULUM VITAE

Akis K. Karnoutsos

Date of birth : 01/07/1977

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PROFESSIONAL EXPERIENCE AS A COACH:

October 2013 – today : Sailing coach in Optimist and Laser Class at S.E.A.NA.TK

September 2014 - July 2015 : Sailing coach in Finn Class at Yacht Club of Greece

November 2012-today: Sailing coach in Finn Class at Piraeus Sailing Club

September 2012- September 2013: Sailing coach in Optimist Class at Aegina Sailing Club

August 2012: Greek National and Olympic Sailing Team coach LONDON 2012

September 2009 – August 2012: Sailing coach in Laser and Finn Class at Piraeus Sailing Club

October 2009 – June 2010: Physical Education teacher at 7th Public Elementary School of Metamorphosis, Athens

January 2007 – August 2009: Greek National and Olympic Sailing Team coach BEIJING 2008

October 2006 – May 2008: Sailing coach in Laser Club in Public Gymnasium of Methana, Greece

October 2004 – August 2009: Sailing coach in Laser Class in Olympiacos Sailing Club

February 2003 – April 2004: Sailing coach in Laser Class in the Yacht Club of Athens

1999 – 2003: Sailing coach in Laser Class in the Nautical Club of Tzitzifies, Kallithea

PROFESSIONAL EXPERIENCE AS A SAILOR:

January 1985 – today: Crewing and skippering (charters) different types of sailing boats in many Regattas and brokerages (Lagoon, Sun Odyssey,Bavaria,Elan)

EDUCATION:

December 2014: STCW 95 Basics AEN Aspropirgou

November 2012: Offshore Personal Survival Certificate of Delphic Maritime Training Center

March 2012: RYA offshore Yachtmaster Sail certificate - Valid RYA First Aid Certificate - RYA Sea Survival -RYA VHF Short Range Certificate

March 2012: RYA Yachtmaster Motor Conversion

November 2002: Motor Cruising Licence, Piraeus Port Police

1996 – 2000: BSc in Physical Education and Sport Science, National and Kapodestrian University of Athens, Specialization: Sailing Coach

1993 – 1996: 4th Lyceum of Palaio Faliro, Athens

FOREIGN LANGUAGES:

English: Very Good

French: Very Good

OTHER KNOWLEDGE:

Computer literate (Microsoft Windows, MS Word/Excel, Internet).

ONGOING TRAINING / SEMINARS:

February 2013: Attended seminar on coaching held by the National Sailing Coaches Association

December 2012: Attended seminar on coaching held by the National Sailing Coaches Association.

December 2010: Attended seminar on coaching held by the National Sailing Coaches Association.

ACHIEVEMENTS:

- **As a dinghy sailor:**
- 3rd place in ISAF World Cup 2009 in Star Class
- 3 times Balkan Champion in Laser and Finn Championships
- 15 times finished in the top three in Optimist, Laser, Finn and Star Class in Greek National Sailing Championships
- 2nd place in Star Princesa Sofia 2009
- 3rd place in Star Sof 2009
- 9th place in Star Kiel week 2009
- Numerous participations in Top sailing regattas (Princesa Sofia, SOF, Kiel Week, Worlds and Europeans)

- **As an offshore sailor:**
- Numerous participations in big offshore regattas (Aegean Regatta, Aegean Rally, Cyclades Rally, YCG International Week, Winter Cup)

- **As a dinghy coach:**
- **1st place in Finn SOF Regatta 2007**
- **3rd medal in Finn Europeans 2007**
- 5th place in Finn World Championship Cascais 2007
(Finn Olympic Qualification)
- 8th place in Finn Gold Cup 2008
- 15th place in Finn Class at the Olympic Games 2008
- **1st place in Finn Europeans junior 2009**
- **1st place in Finn Europeans junior 2010**
- 2nd place in Finn junior World Championship 2010
- 12th place Finn Europeans senior 2010
- 11th place in Laser Class Princesa Sofia 2010
- 22nd place in 4.7 Laser Europeans 2010
- 24th place Laser standard Youth 2010
- 8th place in Finn Gold cup Tallinn 2013
- 8th place Finn Europeans Split 2015
- 10th place SWC Hyeres 2015
- Top 10 results as a coach in many regattas with the following top Greek sailors: Papathanasiou Aimilios, Mitakis Ioannis and Chimonas Evangelos
- Working (create and monitoring) many youth teams.
- Cooperation with many boat builders, mast builders and sail makers around the world.

RECOMMENDATION LETTERS:

Available upon request.