

Jernej Župančič Regent

Curriculum Vitae

I have been actively involved in sprint canoeing since 1991. First as an athlete in sprint canoeing at an elite level, taking part in 10 World Championships and 2 Olympic Games (2004, 2008). And later as a high-performance coach since 2010. Already during my athletic career, I also achieved a degree in Kinesiology at the Faculty for Sport in Ljubljana.

I have started coaching within the National Sports School project in 2010 and later the Slovenian National team. During these 15 years as a coach, I have achieved podium placements with my athletes in Junior, U23, Senior and Paracanoe categories at European and World championships.

Besides coaching, I am also a book author, speaker at international coaching conferences, lecturer within the national coach education programme and also coach and advisor to international elite athletes and foreign canoe federations through my performance analysis company.

My study involves optimising training processes mainly through an interaction of sound methodology, stroke biomechanics and a better understanding of motor learning. My broader interest is also in how coaching, talent development and competition systems could be better integrated and more effective for the future of canoeing.

References

Management experience

- chairman of the sprint committee at the Slovenian Canoe Federation (2015-2016), member 2014 - today
- owner and CEO of my company where I coordinate a team of 9 sports specialists providing consulting to sports teams and individuals
- Team leader and coach for the Slovenian Junior & U23 national team (2011-2024)
- sprint coaches education lead for the Slovenian Canoe Federation (2014-2024)

Publishing record

- Handbook for Canoeing Coaches (author), 2015
- How to Win in K4 (coauthor), 2018
- A column about sports topics in a Slovenian daily newspaper (2009-2010)

Coaching success

- 12 medals so far in the Junior, U23 and Senior categories at the European/World championships level (Slovenian national team)
- consultant to 10 different Olympians between Tokyo and Paris (through my company)

Broader experience

- fluent knowledge: English, Italian and Serbian languages; basic knowledge: Hungarian and Greek languages
- speaker at international coaching conferences internationally (Spain, Croatia)
- guest presenter for international coach groups (Italy, China, Canada, South Africa)
- guest speaker for students at the Faculty of Sport, Slovenia

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