

Institute for Sport Coaching

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NEWS RELEASE

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Former Olympian Joins Institute for Sport Coaching's Board of Directors

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For immediate release

ACTON, Mass. – Whitney Post, Director of the Women's Sport Foundation's Go Girl Go Boston program, has been named an at-large member of the Institute for Sport Coaching's Board of Directors.

A 1995 World Champion and 2000 US Olympic Team rower, Post brings a wide range of experience to the Institute including coaching, grassroots sports development, and non-profit leadership experience. Since 2007, Post's Go Girl Go Boston's programs have positively impacted over 10,000 girls in the Boston area. In addition to leading Go Girl Go Boston, Post has provided trainings on wellness and teambuilding to hundreds of Boston high school, college, and athletes.

"The Institute is extremely pleased to have Whitney join the Institute's senior leadership team," said Christopher Hickey, the Institute's executive director. "I have been very impressed with her involvement in sport at multiple levels -- including marketing, consulting, coaching, and as an elite competitive athlete. Whitney will be a huge boost to the Institute's efforts to provide the best professional development and training to New England-based sport coaches,"

Among her personal accomplishments, Post holds a BA from Brown University and a MA in Counseling Psychology from Lesley University. She resides in Boston, Massachusetts.

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The Institute for Sport Coaching, headquartered in Acton, MA, is a national, non-profit 501(c) 3 organization dedicated to developing and delivering educational experiences and leadership tools critical to the advancement and improvement of sport coaches in the United States. The Institute develops and nurtures professional, intercollegiate, interscholastic and youth sport coaches, and prepares them to provide positive experiences in sport and life skills to athletes. ISC's goals include combating obesity and inactivity among America's youth and creating safe and quality sports experiences for young athletes through a network of quality sport coaches. Please see www.instituteforsportcoaching.org for more information.