



## **Agitos Foundation Training Camp Speaker Bios March 4 - March 12**

### **Conny Draper, Biomechanist**

Conny Draper, Ph.D., is an applied sports biomechanist who completed her Sports Science Degree and Master's thesis in Germany in 1996. Over the last 20 years, she has worked within the elite sport at world-class and Olympic levels for several national federations. She was primarily based in Australia with her family while working at the Australian and NSW Institute of Sport in Canberra and Sydney. She completed her Ph.D. at The University of Sydney in 2006. Her technical expertise as an applied sports biomechanist is focused mainly around rowing and canoe-kayak; although she also has wide-ranging experiences in advising and delivering biomechanical services to a range of other sports – at Provincial and National level including diving, swimming, track and field, volleyball, football, and Para-sports. In 2012 she became a FISA member of the Technology and Equipment Commission.

### **Nuwanee Jayalath Kirihennedige, USOC dietitian**

Nuwanee Kirihennedige is a sports dietitian who has been in practice for over five years. She has worked both areas in clinical and sports nutrition and now specializes in performance nutrition for both able-bodied athletes and athletes with disabilities. Currently finishing Master's degree in sports nutrition at University of Colorado, Colorado Springs, Nuwane also works as a sports nutrition consultant to the United States Olympic Committee.

### **Liz Fusco, USRowing Sport Dietitian**

Liz Fusco received her Bachelor's degree in Dietetics with a minor in Kinesiology at the University of Rhode Island in 2011. At URI, she assisted with nutrition, exercise, and eating rate research. While completing master's degrees in Exercise Physiology and Nutrition Science at San Diego State University from 2011-2014, Liz served as a sports nutrition graduate assistant at the Chula Vista Olympic Training Center. At SDSU, she taught food science and conducted sponsored research on carbohydrate metabolism. After graduating from SDSU in May 2014, she completed an accelerated dietetic internship at the University of Houston in Houston, TX. She returned to the Chula Vista Olympic Training Center in April 2015 as a sports nutrition consultant to rowing, track cycling, BMX, triathlon, archery, and men's rugby. Liz currently works as the USRowing Sport Dietitian.



### **Rob Jones, USA, Paralympian**

Rob Jones is a 2012 Paralympic bronze medalist in the trunk and arms mixed double, the first medal in the event for USRowing. While serving in the U.S. Marines in Afghanistan in July 2010, Jones, 27, of Lovettsville, Va., lost both his legs when he stepped on a landmine during a patrol with his unit. In 2012, following the Paralympics, Jones was named USRowing's Man of the Year. He lists his most memorable sporting achievement as finishing the Nation's Triathlon and winning the trunk and arms double sculls at the Non-Qualified Paralympic Trials.

### **Pamela Relph, Great Britain, Paralympian**

During six outstanding seasons with the Great Britain Rowing Team, Pamela Relph has won two Paralympic gold medals, 2012 and 2016, and four World Championship titles. In 2016, Relph defended her title in the legs, trunk and arms four with coxswain in Rio. She is the only current international para-rower to be a double Paralympic Champion.

### **Helman Roman, USA, Paralympian**

Helman Roman is a 2016 Paralympian who finished 10th in the trunk and arms mixed double sculls. Roman served in the U.S. Army for ten years and was on a military mission in Afghanistan when an improvised explosive device went off under the patrol vehicle he was commanding. On the eighth anniversary of 9/11, on Sept. 11 of 2009, an IED exploded right below Roman's armored vehicle, causing severe injuries to both legs, from the knees down. Roman now trains as an arms and shoulders rower in Miami, Fla.

### **Jacqui Kapinowski, USA, Paralympian**

Jacqui Kapinowski competed in the arms and shoulders single sculls at the 2016 Paralympic Games. She has competed in 80 marathons--19 of them she ran before becoming disabled. Kapinowski's most memorable sporting achievements have been earning a spot on the U.S. Curling Team, rowing team and triathlon team. Kapinowski tried rowing for the first time at the Endeavor Games in Oklahoma in 2014. Following the Winter Paralympic Games, she contacted Navesink Rowing Club. She has received the Senate & General Assembly Legislative Resolution of Proclamation, a Key to the City and a Letter of Proclamation from the Mayor of Point Pleasant, N.J.

### **Krige Schabort, USA, Paralympian**

Krige Schabort is a military veteran from the South African Engineering Corps and a Paralympic athlete from South Africa who has competed mainly in category T54 (includes people with spinal cord injuries who compete using a wheelchair in track events) distance events. In 1997 he moved from South Africa to Cedartown, GA to train for the 2000 Paralympic Games in Sydney. The move was only supposed to be temporary, but they both decided to become permanent U.S. residents. Having competed for South Africa at the 1992 and 2000 Paralympic Games, he changed his allegiance to the United States of America and represented his new nation for the first time at the 2012 Paralympic Games in London and again in 2016.



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