

## Vésteinn Hafsteinsson



<b>Goal</b>	Seek out challenges and harness them to optimize results.
<b>Objective</b>	To acquire a challenging position in an organization that believes in teamwork and where my skills and experience can be put to the most productive use.
<b>Experience</b> 2007....	<b>Owner of Global Throwing, Coaching &amp; Management</b> Coaching & Management for Top class Athletes, Including Gerd Kanter Olympic and World Champion in Discus Throwing
2003-2006	<b>National Throwing Coach, Denmark</b> Personal Coach of Joachim B. Olsen, European Champion and Olympic and World Championships Medalist
2002....	<b>Independent Consultant and Lecturer for Individuals, Clubs, Federations</b>
2001-2002	<b>National Head Coach, Iceland</b> Responsible for All Organization of Junior to Elite National Teams in Iceland
1999-2003	<b>Co-Owner, Sportenter Inc. in Helsingborg, Sweden</b> A consultant, Software Company, which plans physical training for individuals and clubs on a high elite level. Responsibilities include: <ul style="list-style-type: none"><li>• Planning and Periodization of Physical Training</li><li>• Lectures and Instructional Courses Dealing with Physical Training</li></ul>
1999-2001	<b>Throwing Coach, IFK Helsingborg, Sweden</b>
1997.... 1998-2006	<b>IAAF Athletes' Representative</b> <b>Owner of V70 International Sports Management</b> <b>Throwing Coach for TEAM 75+ International Throwing Team</b> Including Gerd Kanter, Estonia & Joachim B. Olsen, Denmark
1997-2000	<b>Head Coach for the Icelandic Olympic Track and Field Team</b> Responsibilities Included: <ul style="list-style-type: none"><li>• Choosing the Candidates for the Olympic Team in Sydney</li><li>• Athletes Preparation, Coaching and Facilities</li><li>• Contacts with Scientific Specialists, Doctors, Physical Therapists, etc.</li><li>• Organizing Participation for Meets as well as Training Camps</li><li>• Liaison with the Icelandic Olympic Committee</li><li>• Personal Coach for Several Team Members</li></ul> <b>Meet Promoter for the Reykjavík Indoor Games</b>
1996-1997	<b>General Manager, Planet Pulse Health Center in Reykjavík, Iceland</b> <b>Throwing Coach Reykjavík Sports Club, Iceland</b> <b>Personal Trainer, World Class Gym &amp; Gym 80 in Reykjavík, Iceland</b>
1986-1996	<b>Full Time Track and Field Athlete</b> Icelandic record holder in the discus throw with a personal best of 67.64m in 1989. Full time "World Class" Track and Field athlete for a decade in the discipline of discus throw. Four time Olympian and five times World Championship qualifier in numerous other championships. Self sufficient through many aspects of my career, including sponsorship deals, training and event management. Success required dedication, commitment, organization, and extensive travel all over the world.
1992-1993	<b>Throwing Coach, IFK Helsingborg, Sweden</b>
1990-1991	<b>Head Strength Coach, Aktiverum Gym in Helsingborg, Sweden</b> <b>Graduate Assistant, Throwing Events, University of Alabama, USA</b>

- Responsible for Coaching all Disciplines
- Recruiting Coordinator for Male and Female Throwers

1984-1986

**Co-Owner, Heilsusport Gym in Selfoss, Iceland**

1981 and 1985

**Head Coach, HSK Track Club in Selfoss, Iceland**

1978-1981

**Track and Field Related Part Time Jobs**

- Track and Field Youth Camp Coordinator in Akureyri, Iceland
- Office Work for the Icelandic Youth Union in Reykjavík, Iceland

**Education**

Bachelor of Science in Health and Physical Education  
University of Alabama, 1982-1986

**Language Skills**

- Fluent: Icelandic, English, Swedish, Danish
- Conversational Skills: Norwegian
- Entry Level Skills: German, French

**Relative Experience**

- Twenty years of international competitive sports
- Four time Olympian as an athlete and three times as a coach
- General manager within the gym industry
- Promoting and managing athletes, clubs and meets
- Theoretical and practical presentations at several conventions for many years
- Multi cultural understanding through years of worldwide travel
- Published articles in Track and Field magazines in Iceland, Sweden, Norway, Denmark, Finland, Great Britain and USA

**Accomplishments & Honors**

- Finalist at the Olympic Games, Barcelona 1992
- Captain of the Icelandic National Team 1988-1996
- Icelandic Record Holder in the Discus Throw 222'0" (67.64m)
- Three Times Ranked Among the Top Ten Discus Throwers in the World
- Gold, Silver and Bronze Award of the Icelandic Athletic Federation
- Three Time All American
- Three Time SEC Champion
- Coaches Award 1986, Alabama Track and Field
- Team Captain 1984 and 1986 Alabama Track and Field
- Estonian Coaches Award 2002
- Aarhus City Honorable Award 2004, Denmark
- T & F Coach of the Year in Denmark in 2005
- T & F Coach of the Year in Estonia from 2006-2011
- Nominated to Cultural Award in Estonia in 2007
- Coach of the Year in Estonia 2007-2008
- Awarded Pro Terra Marina Medal from the Estonian President 2008
- Awarded Highest Medal of Honor by the Estonian Olympic Committee 2008

**Interests**

Family, Sports, Exercise, Journalism, Politics and Travel.

**Personal**

Citizen of Iceland. I have resided in Sweden, since 1986. Married to Anna a Swedish native and we have three children, Örn age 14, Olga age 11 and Albert age 8. My father has retired and lives in Iceland. My mother passed away in 2006.

**Contact Information**

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