

Harry Legum Bio

WITH OVER TWENTY YEARS EXPERIENCE in physical fitness and coaching, Harry Legum is the founder of the first sailing-sport-specific studio in the US-Annapolis Sailing Fitness. Legum has designed and delivered hands-on physical fitness training for Junior-level, High School, College, Olympic Campaign, and Americas Cup competitors.

His accomplishments include:

- Program design for Severn Sailing Association, Annapolis Yacht Club and multiple Maryland High Schools
- US Naval Academy Sailing Team Strength and Conditioning Coach
- Sailing Fitness program development for St Mary's College Sailing Team
- Featured articles in *Sail* magazine, *Washington Post*, *Baltimore Sun*, and *Chesapeake Life Magazine*
- Author of *Weekly Sailing Fitness Tips* on North Sails web site
- Keynote speaker/Clinic facilitator; US Sailing Symposium, ICSA Coaches Colloquium, MAISA, North U and CISA
- NSPA Nationally certified
- CPR/AED
- US Army Shock Trauma Paramedic
- NSPA Nationally certified
- Special Olympics Coach
- Born and raised in Annapolis MD

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