

# 宋夏群

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Name: XIAQUN SONG

Number: +8573007696 (Summer)

Email: [songxiaqun77@gmail.com](mailto:songxiaqun77@gmail.com)

Address:

Hull, Massachusetts. 02045



After 30 years involved in sailing. I have realised that I was born to sail. And there will be many more years I would love to continue sailing. With 30 years of experience no doubt that sailing has given me a wealth of knowledge and stories to share. Also to help next generations find their passion in sailing .

## Education

- Ocean University of China (Qingdao)
  - Bachelor Degree in Sports /Training Education
  - 2006.09——2012.06

## Work Experience

### ○ Team China and Zhejiang Province Sailing Team.

- Professional Athlete. 10 years of 470 helm. 1 year of 420 helm. 3 years of Yngling helm.
- 1994.02—2012.02

### ○ American International School of Qingdao

- PE Assistant Teacher and Sailing Coach.
- 2013.09—2016.04

### ○ Vanhang Sailing Sport Culture Developing.,LTD

- Racing program manager/Team leader and Head Coach/Start Sailing Program Instructor Developing Director/School sailing team Director and coach/ RYA chief instructor.
- 2016.05—2024.12

### ○ CYA Dinghy Scheme Trainer( Coach). Freelance

- Training club dinghy instructor and Senior instructor.
- 2019.09—nowadays

## Racing Experience

Dedicated competitive sailor with 15 years of high performance training and racing for team china. through relentless hard work, sacrifices, and overcoming mentally、physically、physiologically 、technically challenges. Achievements include an Asian Games Gold Medal, Olympic 8th place finish, and multiple National Championship titles. “A pound of pluck is worth a ton of luck”. Every moment is remarkable.

| My Racing Experiences     |  |      |
|---------------------------|--|------|
| World Sailing ID : CHNXS2 |  |      |
| 1997                      | National Games. 470. Shanghai.   | 7th  |
| 1998                      | National Championship 470 Woman.   | 2nd. |
| 1999                      | National Championship 470 Woman.   | 1st  |
| 2000                      | National Championship 470 Woman.   | 1st  |
|                           | My very first international sailing event. 470 Wolrd Championship; Lake Balaton Hungary. | 29th |
| 2001                      | National Championship 470 Woman.   | 1st  |
| 2002                      | 420 World Championship; Tavira Portugal.   | 14   |
|                           | 2002 Asian Games 1st place of overall in 420 class. Helm                                 | 1st  |
| 2003                      | May: SPA Regatta. 470 woman.   | 19th |
|                           | Sep: ISAF Sailing World Championships. 470 woman,  | 33   |
| 2004                      | National Championship 470 Woman.   | 1st  |
|                           | May:470 World Championship(Olympic Qualifier) 470woman.                                  | 28th |
|                           | National Championship 470 Woman.   | 1st  |

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| 2005 | 2005 Asian Championship Class 470, 1st place. Helm.   | 1st        |
|      | National Games. 470.  | 4th        |
| 2006 | ISAF Sailing World Championships; Yngling; La Rochelle.                                     | 33rd       |
|      | Aug: Qingdao International Regatta–Test Event   | 3rd        |
| 2007 | Woman World Championship; Yngling; Cascais.   | 22         |
|      | Springtime European Championship; Yngling; Riva del Garda.                                  | 3rd        |
|      | Olympic Test Event  | 6th        |
| 2008 | Jan:Rolex Miami OCR   | 8th        |
|      | Mar: Yngling Woman European Championship  | 15th       |
|      | Mar: HRH Princess Sofia Trophy  | 4th        |
|      | Woman World Championship; Yngling; Miami.   | 20         |
|      | 2008 Olympic Games, 8th place overall of Yngling Class. Helm                                | 8th        |
|      | First J80 Asia Invitation Regatta. Helm   | 1st        |
| 2010 | China Cup IRC1 Fleet. TP52 Helm.  | 1st        |
|      | Raja Muda. TP52. Helm.  | 3rd        |
|      | King's Cup. Thailand. TP52. Helm  | 6th        |
| 2012 | Extreme 40 Qingdao Stopover Team China.   | Crew       |
|      | Oct: China Cup. Beneteau 40.7.Helm.   | 2nd        |
|      | Nov: Rajia Muda offshore regatta. TP52 Helm   | 3rd        |
| 2013 | The 34th America's Cup was held in San Francisco Bay. I was shore crew for AC45 Team China. | Shore Crew |
|      | Sinan Cup. All woman's Team. Solaris 48. Helm   | 5th        |
|      | Taihu Cup. Soto27. Helm   | 2nd        |

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|      | LUSHANG CUP. Beneteau 40.7 Helm.  | 3rd        |
|      | China Cup. Soto27.Helm  | 2nd        |
| 2014 | Round Hainan Island . Soto 27 one design.   | 2nd        |
|      | Sinan Cup. All woman's Team. Solaris 48. Helm   | 4th        |
|      | CCOR regatta. Qingdao.  | 3rd        |
|      | Mayor's Cup. Qingdao. Soto 27   | 1st        |
| 2015 | Oct: China Cup. IRC 2. All woman's team.  | 3rd        |
| 2016 | May: Fareast 28 Cup. Shanghai. Helm   | 3rd        |
|      | Oct: Longcheer Cup. Beneteau 40.7. Helm   | 1st        |
| 2017 | Nov: Round Hainan Island Regatta. IRC1. Matt1180. Helm  | 1st        |
| 2018 | May: Vanke Omega long distance regatta. Captain   | 1st        |
| 2019 | Oct: China Club Cup Challenge Fleet Racing. Xiamen. J 80 Helm. 3rd in overall. 1st in all woman's team. | 3rd<br>1st |
|      | Nov: China Club Cup Challenge Match Racing. Xiamen. J80.  | 7th        |
| 2022 | Jan: New Year Cup.Zhuhai. Fareast 28. Helm  | 1st        |
| 2023 | Nov: China Cup IRC2。 Matt1180 Helm。   | 4th        |
| 2024 | Oct: Club Challenge Regatta. Xiamen. Helm. 3rd in overall. 1st in all woman's team.                     | 9th        |

## Coaching Experience

In 2013. I have started coaching youth sailing and racing. This is how I start really feel that I am proud of who I am. What I have got involved.

The pro racing experience I had. As the mother of 2 sons. The nature of caring and loving people become who I am. and the willingness to help people inside of me. To be a coach is just a perfect fit into my life.

I have enjoyed every moment on the water. There are tons of training and racing stories to tell. all laugh and tears we had 、 all the moments we fought together、 all the challenges that we have stayed together. its priceless lifetime treasure.

| Coaching Experiences   |  |            |
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| 2013.09–2016.04: American International School Of Qingdao. PE assistant and Sailing Coach. |  |            |
| 2016   | Sep: Bart's Bath. Vanhang  | Head Coach |
| 2017   | Feb. CYA Youth Sailing League(Meisha Cup) 2016 Final Event. Sanya  | Head Coach |
|  | Jun: Macau International Dinghy Regatta.   | Head Coach |
|  | Jul: RS–FEVA World Championship. Medemblik. Holland<br><a href="https://www.rsfeva.org/rs-feva-world-championships-2017-medemblik/">https://www.rsfeva.org/rs-feva-world-championships-2017-medemblik/</a> | Head Coach |
|  | Aug: CYA Youth Sailing League(Meisha Cup) Qinhuangdao Stopover   | Head Coach |
|  | Oct: CYA Youth Sailing League(Meisha Cup)Xiamen Stopover.  | Head Coach |

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|      | China Youth National Championship. Topper .   | Head Coach |
|      | Dec: 2017 CYA Youth Sailing League( Meisha Cup) final. Shenzhen   | Head Coach |
| 2018 | Jan: Xiamen New Year Regatta. J80.  | Head Coach |
|      | Feb:Hongkong Race Week  | Head Coach |
|      | May: CYA Youth Sailing League(Meisha Cup) Qinhuangdao Stopover  | Head Coach |
|      | Apr: RS–FEVA World Championship. Clearwater. USA<br><a href="https://www.rsfeva.org/rs-feva-world-championship-2018/">https://www.rsfeva.org/rs-feva-world-championship-2018/</a> | Head Coach |
|      | Aug: Uk Topper National. Weymouth.WPNSA.<br><a href="https://gbrtopper.ourclubadmin.com/docs/524/53Gold-1.htm">https://gbrtopper.ourclubadmin.com/docs/524/53Gold-1.htm</a>       | Head Coach |
|      | Aug: 2018 Topper World Championship. Shenzhen. China<br><a href="https://www.itcaworld.org/events/past-champions/">https://www.itcaworld.org/events/past-champions/</a>           | Head Coach |
|      | Aug: CYA Youth National Championship  | Head Coach |
|      | Oct: CYA Youth Sailing League(Meisha Cup )Final. Xiamen   | Head Coach |
|      | Nov: China Cup Dinghy Regatta.  | Head Coach |
|      | Jan: New Year's Cup. Shenzhen   | Head Coach |
|      | Feb: Hongkong Race Week   | Head Coach |
|      | Apr: CYA Youth Sailing League( Meisha Cup) Shanghai Stopover.   | Head Coach |
|      | May: 2nd Youth National Championship Team Event.1st place.  | Head Coach |

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| 2019 | Team Leader and Head Coach of 2019 Topper World championship.<br><ul style="list-style-type: none"> <li>• Topper 5.3 main fleet 3rd place of overall.</li> <li>• Topper 4.2 1st and 3rd place of overall.</li> </ul> <a href="https://itcaworld.ourclubadmin.com/event-results.php?event=5">https://itcaworld.ourclubadmin.com/event-results.php?event=5</a> | Head Coach |
|      | Sep: CYA Youth Sailing League(Meisha Cup) Shenzhen Stopover  | Head Coach |
|      | Oct: CYA Youth Sailing League(Meisha Cup) Final Stop. Team Vahang Sailing .  | Head Coach |
|      | Oct: China Cup Youth Dinghy Regatta.   | Head Coach |
|      | Oct: Dapeng Cup. Shenzhen.   | Head Coach |
|      | Nov: First Youth Club Challenge Regatta. J70. 1st.   | Head Coach |
| 2020 | Jan: New Year's Cup. Shenzhen.   | Head Coach |
|      | Jul: CYA Youth Sailing League(Meisha Cup) .Shenzhen Stopover.  | Head Coach |
|      | Aug : CYA Youth Sailing League(Meisha Cup) Qinhuangdao Stopover.   | Head Coach |
|      | Oct : CYA Youth Sailing League(Meisha Cup) Shenzhen Stopover.  | Head Coach |
|      | Nov: GD-HKG-MAC Youth Keelboat Event. Fareast23.   | Head Coach |
|      | Dec: Youth Club Challenge Regatta. J70. Shenzhe.   | Head Coach |
| 2021 | Jan: New Year's Cup. Shenzhen.   | Head Coach |
|      | Mar: Baoan Dinghy Invitation Regatta.Shenzhen.   | Head Coach |
|      | May: CYA Youth Sailing League (Meisha Cup) Qinhuangdao Stopover.   | Head Coach |



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| 2021 | Jul: CYA Youth Sailing League (Meisha Cup) Xiamen Stopover.  | Head Coach  |
|      | Nov: ILCA Guandong Province Championship. Zhuhai.  | Team Leader |
|      | Nov: GD-HKG-MAC Youth Keelboat Event. Fareast23.   | Head Coach  |
| 2022 | Jun: ILCA4 National Championship. Jiangshu   | Judge       |
|      | Jul: CYA Youth Sailing League (Meisha Cup) Xiamen Stopover.  | Head Coach  |
|      | Oct: Guangdong Province Championship   | Coach       |
| 2023 | Jan: CYA Youth Sailing League (Meisha Cup) 2022 Finals.  | Head Coach  |
|      | Jan: New Year's Cup. Shenzhen.   | Judge       |
|      | Feb: Hongkong Race week.   | Head Coach  |
|      | Mar: Hongkong International School Team Racing   | Head Coach  |
|      | Apr: CYA Youth Sailing League(Meisha Cup). Shenzhen stopover.  | Judge       |
|      | Apr: ILCA Asian Championship. Ningbo China.  | Judge       |
|      | Jul: Team leader and Head Coach of 2023 Topper World championship.<br><ul style="list-style-type: none"> <li>• Topper 5.3 main fleet 2nd、 5th、 9th place of overall.</li> <li>• Topper 4.2 3rd 、 4th、 7th place of overall.</li> </ul> <a href="https://itcaworld.ourclubadmin.com/event-results.php?event=10">https://itcaworld.ourclubadmin.com/event-results.php?event=10</a> | Head Coach  |
|      | Oct:CYA Youth Sailing League(Meisha Cup) 2023 Finals   | Head Coach  |
|      | Feb: Hongkong Race week.   | Head Coach  |
|      | May: CYA Youth Sailing League(Meisha Cup) Nanjing Stopover.  | Head Coach  |
|      | Jun: BSDRA ( British School Team Racing Final). Oxford.UK  | Head Coach  |

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| 2024 | Jul: U21 ILCA World Championship. Viana. POR   | Coach      |
|      | Jul: Team leader and Head Coach of 2024 Topper World championship.<br>• Topper 5.3 main fleet 1st、 6th、 8th place of overall.<br><a href="https://itcaworld.ourclubadmin.com/event-results.php?event=12">https://itcaworld.ourclubadmin.com/event-results.php?event=12</a> | Head Coach |
|      | Aug: FEVA World Championship.Netherland.<br><a href="https://www.rsfeva.org/category/results/2024-results/">https://www.rsfeva.org/category/results/2024-results/</a>  | Head Coach |
|      | Aug: CYA Youth Sailing League(Meisha Cup)Shanghai Stopover.  | Head Coach |
|      | Aug: CYA Youth Sailing League(Meisha Cup) Nanjing Stopover.  | Head Coach |
|      | Nov: China Cup Youth Keelboat Event. FE23. Shenzhen.   | Head Coach |
| 2005 | Team China: ILCA4 Youth World Championship.USA, San Pedro  | Head Coach |

## Jury experience

When I am retiring from all racing and coaching. And not yet to give up sailing and coaching. What can I do ? I have found the answer few years ago. I was decided to learn more sailing judge stuff. learn more about racing rule. not just for future interests. also for now to helping my sailor understanding better in racing rules. I was not sure to be the judge on the water. to determine whether the sailor has broken a rule or not. this is kind lot pressure on the judge to make the decision. All fear has disappeared after my first time judge on the water. I actually love the feeling that to be able to close watch sailors performance. and to be able to learn more from a outside view of racing . It felt amazing and will not stop do it.

| Judge Experiences |  |             |
|-------------------|--|-------------|
| 2022              | Sep: NJ seminar. Qingdao. Pass theory test.  | Judge Study |
|                   | Jun: ILCA4 Youth National& Asian Games selection event. Jiangshu.                        | NJ          |
|                   | Nov: ILCA National Championship. Haikou.   | NJ          |
| 2023              | Jan: New Year's Cup.Classe of Op\Topper \ ILCA. Shenzhen. Vanhang.                       | NJ          |
|                   | Feb: CYA Youth Sailing League(Meisha Cup). Classe of Op\Topper \ ILCA.Shenzhen stopover. | NJ          |
|                   | Apr: ILCA Asian Championship. Ningbo China.  | NJ          |
|                   | Sep: IJ Seminar. Ningbo.   | Judge Study |
|                   | Nov: 470 National Championship. Haikou   | NJ          |
|                   | Dec: WORLD MATCH RACING TOUR FINAL. SHENZHEN.BAOAN.CHINA                                 | Judge Study |

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| 2024 | Jan: New Year's Cup.Classe of Op\Topper \ ILCA. Shenzhen. Vanhang.                      | NJ          |
|      | Feb: CYA Youth Sailing League(Meisha Cup) Shenzhen Stopover.Classe of Op\Topper \ ILCA. | NJ          |
|      | Jun: ILCA & 470 National Championship. Qinhuangdao.                                     | NJ          |
|      | Oct: Umpire Clinic. Training by Bill. Xiamen.   | Judge Study |
|      | Nov: ILCA4 National. Shenzhen.  | NJ          |
|      | Dec: ILCA Asian Championship. Sanya. China  | NJ          |

## Qualifications

Sailing is not all about racing, More important is to have more people involve sailing. A structured sailing scheme and pathway for learning and progress. It's a core value of helping sailors and coaches understanding when to learn what, what to do next, and how to build their skills and knowledge in a safe 、 fun、 progressive environment. All the experience with RYA and CYA helped me become a better coach.

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|------|--|--------------------------|
| 2016 | RYA dingy instructor                                     | UKSA<br>Isle of<br>Wight |
|      | RYA start windsurfing instructor                         |                          |
|      | RYA SUP and Kayak instructor                             |                          |
| 2018 | RYA senior instructor                                    | Rockley,UK               |
| 2019 | RYA keelboat instructor                                  | Shenzhen<br>Vahang       |
|      | CYA dinghy scheme instructor coach                       | Qinhuangda<br>o          |
|      | RYA racing instructor                                    | Shenzhen<br>Vahang       |
| 2022 | RYA Chief Instructor Of Vahang Longcheer Sailing Centre. |                          |
| 2023 | RYA Chief Instructor Of Vahang Longcheer Sailing Centre. |                          |
|      | RYA Powder Boat Instructor                               | Shenzhen<br>Vahang       |
|      | RYA advanced instructor                                  |                          |
|      | RYA Multihull Instructor                                 |                          |
|      | CYA Dinghy Training Scheme Senior Coach.                 | Jiangsu                  |
| 2024 | RYA Chief Instructor Of Vahang Longcheer Sailing Centre. | Shenzhen<br>Vahang       |