

May 12, 2021
For immediate release

Pewaukee Hires Helland As New High School Strength & Conditioning Coach

PEWAUKEE, WI - Pewaukee High School is proud to announce it has hired Gunnar Helland as its newly added Strength & Conditioning coach.



Helland comes to Pewaukee from The University of South Dakota where he was a graduate assistant strength and conditioning coach. Helland has also spent time in the strength & conditioning/sports performance departments at UW-Madison and UW-La Crosse. Helland is an NCSA Certified Strength and Conditioning Specialist (CSCS) as well as a USA Weightlifting Level 1 Sports Performance Coach. In addition, Helland holds a license to teach physical education classes. Helland is originally from Stoughton, WI.

"I am excited to work with the Pewaukee School district and athletic department. I look forward to contributing my knowledge and experience to positively affect the growth of the strength and conditioning program and our student-athletes. This is an amazing opportunity to be a part of one of the best athletic departments and schools in Wisconsin, I cannot wait to get started!"

"We are excited to bring Gunnar Helland on as the new Strength and Conditioning coach" said Athletic and Activities Director, Jeff Behrens. "He is a highly motivated coach with a deep background in the field. Gunnar will fill a big gap in our athletic department and help elevate our programs. He will work with all of our teams and athletes in their pursuits to become better."

Pewaukee School District is a public 4K-12 district offering an award-winning, future-ready education to over 3,000 students on a unique, single-campus setting. We passionately commit to our mission to open the door to each child's future.