
Dr. George Vavetsis

Ph.D., M.Sc., CPT, PES, CES, CSCS, ACSM
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Summary

- Specialist in Physical Fitness and Physical Fitness Developments for professional athletes
- Great experience in reintegration of athletes into their activities, after rehabilitation and analgesia
- Implementation and development of training programs for various athletes' specialties
- Physical Fitness Coach in high level athletes in various sports, for more than 25 teams abroad as well as for the Greek Championship, including National teams (Volleyball, Beach Volleyball, Handball)
- Specialist in designing and implementing programs to develop power, speed, skill, flexibility and all the parameters that make them up

A. Education

- Doctoral & Post-Doctoral Education
Ph.D. Exercise Physiologist - Exercise Biochemistry,
Medical School of the University of Athens
- Postgraduate education
M.Sc. Statistics, Department of Statistics,
Economical University of Athens
- Undergraduate Education
B.Sc. Sports Academy, Department of Physical Education & Sport Science
Kapodistrian University of Athens
- First aid instructor - RTI-Rescue Training International
- Certified in Gene Controls - DNAfit
- NASM-Certified National Academy of Sports Medicine (CPT-PES-CES)
- NSCA - Certified National Strength and Conditioning Association (CSCS)
- A.C.S.M. Certified Clinical Exercise Physiologist
- Nautilus Certification - Level I & II

B. Academic experience

- Lecturer at the University of Peloponnese at the School of Human Movement and Quality of Life (U.O.P.) of the Department of Organization and Administration of Sports in undergraduate students
- Head of NASM's curriculum in Greece
- Instructor various Private Schools for Fitness & Athletic Performance Seminars for more than 20 years
- Aden tee of many research programs and conferences in Greece and Europe
- Author in over 20 scientific articles and over 60 scientific presentations
- Presenter in more than 150 seminars (World, European, Hellenic)

C. Professional Experience

- Owner and Scientific Advisor of the BIOFIT Sports Performance & Wellness Center Model Center
- Exercise Physiologist and Basketball Team Head Strength Coach of Khimki B.C. (Russia)
- Founder and Scientific Responsible of the "Child Data Assessment" and owner of the Athletic Lab-Health & Sports Performance Services
- Exercise Physiologist and Basketball Team Head Strength Coach of Georgian National Basketball Team
- Scientific Associate of the National Beach Volleyball Team - Participating in the Olympic Games
- Author in many fitness magazines and Web Sites
- Principal Professor of the NASM & NSCA Private Fitness Training School
- Head of the Department of Exercise Testing of the General Hospital of IASO General - Clinical Exercise Physiologist

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- Recovery Consultant of the Metabolic Unit of the General Hospital IASO General
 - Exercise Physiologist and Basketball Team Head Strength Coach of Lokomotiv Kuban (Russia)
 - Scientific Associate of the UNICS Kazan Basketball Team (Russia)
 - Exercise Physiologist and Basketball Team Head Strength Coach of ANADOLU EFES (Turkey)
 - Scientific Associate of the National Volleyball Team of Men's and Women's
 - Scientific Advisor of APOLLON SMYRNIS Soccer Team
 - Exercise Physiologist and Basketball Team Head Strength Coach of Maroussi B.C.
 - Official Professor of the Diploma Seminars in Greece for A.C.S.M.
 - Head of Administration and Organization at Technical and Scientific Level of Asana - Eleni Petroulaki-Ivic Health Clubs, as well as Consultant and Manager of these Franchise
 - Consultant of Measurements and Evaluations of Physical Competencies and Ergonomics at the Sports Complex "DAIS"
 - Advisor at the DEREI College Health Center
 - Head of the Exercise Testing Department of the Physiotherapy and Rehabilitation Center "Dimitrios Skordis"
 - More than seventeen (17) years Coach or Assistant Coach in many Volleyball teams in the National Division 1, with several distinctions (Panathinaikos AO, Pangrati, AEVAS, Papagou etc) - Including the National Men's, Women's and Beach Volleyball
 - Exercise Physiologist - Practitioner in many Futsal Soccer Clubs, with a variety of distinctions (Duke, Customers, National Star)
 - Editor for the magazine Mini Football News Magazine-MFN
 - More than ten years as an and Fitness Coach in many Handball Teams in Greece and Europe (Doukas, Panhellenios, Nea Ionia, Win detour Switzerland, etc.) - Including the National Teams of Men, Young and Teenagers - Children
 - Professor of Physical Education at the "Geitona" School in Vari
 - Excellent knowledge of the design of Metabolic and Functional Training for Basketball, Volleyball, Handball, Soccer and Tennis.
 - Preparation of Beach Volley athletes on technical, tactical and physical issues

D. Work experience

i) Physical Fitness Coach

- Support for athletes in all fields (Nutrition, Nutritional Supplements, Biochemical measurements, Exercise Testing assessments) that are related to Physiological Development of athletes and Natural Competencies for top sporting performance
- Bridging the gap between the theory and practice of training high-level athletes, using innovative training methods
- Increasing the Physical Competencies (Strength, Speed, Skill, Flexibility) of athletes, while optimizing their performance, with special programs to protect athletes from injuries.
- Working with Coaches and Team Trainers to design training programs based on their own requirements and goals

ii) As Program Coordinator

- Organization and implementation of training programs for groups and athletes
- Development and control of data throughout the cycle of periodicity of athletes or teams
- Ability to observe and monitor athletes in a closed training room, but also in open spaces, and record performance
- Excellent guidance in resistance overload technique (weights), speed development, implementation of programs with plyometrics exercises, guided nutrition, injuries and pioneering methods of recovery
- Prediction and prevention of injuries for athletes, using specific set of exercises
- Excellent knowledge of human performance and tests for the development of athletes' physical abilities
- Testing and monitoring athletes performance systematically
- Preparation and presentation of strength programs