

## **MICHELE BELTRAMO**

**PROFILE:** *“Motivated, knowledgeable and experienced fitness professional. Equipped with over 15 years of experience with both national athletes and the general Population. Degree educated with practical experience in a range of sports Including: athletics, football, handball, winter sports and swimming”. Devoted In professional and learning development.*



### **EDUCATION:**

**FIFA Diploma in Football Medicine.** 2018-19.

**Master-Degree in “Optimal Performance for Elite Athletes”.** Md-Sweden University. September 2017 to October 2019. National Winter Sports Institute Sweden. Average grade B [“very good”].

**Bsc. (Hons) Sports Science. London Metropolitan University.** September 2002 to March 2004. Grade 2:2

**HND Sports & Exercise Science.** Surrey University. 1996-98 and 2001-2002.

**Sports Masseur Therapist.** St.Mary’s University London. 1999-2000.

**Diploma di Stato. G. Salvemini Institute, Rome [Italy].** 1988-1992. Multiple “A” Levels equivalent. [Chemistry, human biology, maths, English, history, Italian, finance].

## **OTHER COURSES**

- FA FOOTBALL COACH LEV 1
- SAFEGUARDING CHILDREN
- FIRST AID (including use of automated external defibrillator)
- LIFEGUARD (NPLQ)
- WEIGHTLIFTING LEV 1 (British weightlifting)
- COMMUNITY SPORTS LEADER AWARD

## **PROFESSIONAL WORKING EXPERIENCE**

**Strength & Conditioning Coach.** Self-employed, 2002-Present. Consultant and trainer for athletes [including at national level] and the general population.

**Sports Masseur Therapist.** Self-employed, 2000 to present. Lee Valley National Athletics Centre and other locations. I worked with Athletes at National International level.

**Youth Football Coach.** Highgate Rangers FC. September 2018- Jan 2019.

**Recreation assistant/lifeguard.** 2017-18. The American school In London.

**Strength & Conditioning Coach.** London GD Handball Team. 2013-2014 Season. Strength & Conditioning Coach. Fitness coach for about 25 players (both first and second team). Planning sessions and organizing the whole season. 1 to 1 with some athletes; preparing season and summer preparation for European Cup. British National title and cup winners. Implementing and evaluating scientifically based programmes on principles of adaptation, periodization and peaking.

**Youth activity Assistant Manager.** “Inter-studio Viaggi” Summer 2006. Coordinating sporting activities for youths aged 11 to 18.

**First Team Strength & Conditioning Coach.** Berkhamsted Town FC. 2002-2003, season. Responsible for the fitness of about 30 semi-professional football players. Season planning, periodization, field and gym sessions, use of heart rate monitors, blood lactate device and timing gates.

### **OTHER VOLUNTARY EXPERIENCES**

**Athletics Coach [Assistant].** Belgrave Harriers, Battersea Track London. Summer 1996.

**General Assistant,** to Wimbledon Grand Slam Tennis Championship. The all England Lawn Tennis Club [Wimbledon]. 1996-2000. 5 Seasons.

### **PERSONAL QUALITIES & KEY SKILLS**

Organised, able to meet deadline & work under pressure, great team player, tapering for competitions, periodization, Olympic lifting for specific sports, football speed & agility specialist.

### **OTHER**

Fully enhanced DBS checked, safeguarding children certificate, UK driving licence.