

DAVID SADKIN MSc BSc CSCS

C.V.

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Education

- 2023 - 2028 **Professional Doctorate (DProf) Strength & Conditioning** – St Mary's University
- 2018 – 2019 **MSc Applied Sport & Exercise Physiology** – St Mary's University
- 2015 – 2018 **BSc (Hons) Strength & Conditioning Science** – St Mary's University

Coaching, Experience and Employment

- 2024 **Olympic Games** – 4x400m Bronze
Team GB (Athletics) – Personal Coach (Paris, France – Olympic Games)
Team GB (Athletics) – Personal Coach (Rome, Italy – European Championships)
Team GB (Athletics) – Personal Coach (Nassau, Bahamas – World Athletics Relays)
HDPN (Health Development Performance Network) – Tutor
- 2023 – 2025 **Hooke Fitness** – Strength & Conditioning Consultant
 2023 **Seychelles Athletics** – Personal Coach (Kinshasa, Congo – Francophonie Games)
- 2022 – 2023 **KX Life** – Freelance Personal Trainer
Speed For Sports – Head Speed and Movement Coach
- 2022 **Seychelles Athletics** – Personal Coach (Birmingham, UK – Commonwealth Games)
Ireland Athletics – Personal Coach (Oregon, USA – IAAF World Championships)
Seychelles Athletics – Personal Coach (Côte d'Or, Mauritius - African Championships)
- 2021 – 2023 **The 400 Clinic** – Sports Masseuse
- 2020 – 2025 **Marylebone Health Group (CHHP)** – Strength & Conditioning Coach/ Running Specialist
- 2020 **The Arizona Diamondbacks (Major League Baseball)** – Virtual Strength & Conditioning
- 2019 – 2020 **Team GB (Bobsleigh)** – S&C provision for Great Britain two-woman bobsleigh
- 2019 **Costa Coffee (Actor)** – TV Advert in collaboration for 2020 Olympic Games
Team GB (Athletics) – Personal Coach (Doha, Qatar - IAAF World Championships)
English Institute of Sport (EIS) – England Women Rugby 7's (Pre-season Diagnostics)
Team GB (Athletics) – Personal Coach (Gavle, Sweden - European U23 Championships)
- 2018 – 2025 **Head Athletics Sprints Coach** – Lead a group of international Sprinters (100m – 400m)
- 2015 – 2025 **Head Athletics Strength & Technical Coach** – Olympians, European & World Medallists
- 2018 – 2019 **English Institute of Sport (EIS)** – Strength & Conditioning placement (GB Hockey)
- 2018 **British Athletics Altitude Training Camps** – S&C provision for Middle-distance (South Africa)
- 2017 **Team GB (Athletics)** – Strength & Conditioning (Holding camp, London IAAF World Champs)
- 2016 – 2017 **Assistant Track & Field Sprint Coach** (Linford Christie)
Fulham Football Club – Strength & Movement Coach U9's – U16's
- 2016 **Team GB (Athletics)** – Female 800m athlete (S&C) (Rio de Janeiro, Brazil – Olympic Games)
Michael Johnson Performance – NFL Combine Coach (Texas, USA)
- 2014 **Michael Johnson Performance** – Performance Externship (Texas, USA)
- 2012 – 2014 **No Pain No Gain, Founder** – Personal Training & Sports Massage Service
Fit Body Formula – Bootcamp Instructor
- 2010 – 2012 **Performance Running** – Athletics Coach
- 2007 – 2010 **Aviva Startrack** – Head Athletics Coach
Haybrook College – Athletics Coach
- 2006 – 2013 **Thames Valley Athletics Centre** – Leisure Service Officer

Qualifications

- 2024 **NSCA** – Certified Strength & Conditioning Specialist (CSCS)

2023	England Football (FA) – Level 1 Football Coach England Football (FA) – EE Playmaker ALTIS – Certified Performance Therapist ALTIS – Mentorship Program, Essentials, Crossroads & Mastery (<i>ongoing</i>) Sport-Related Concussion – University of Michigan Anatomy Trains – Structural Integration (ATSI) Shoulder, Pelvis, Spine (<i>ongoing</i>)
2022	ALTIS Track and Field Education – Coaching the Relays
2020	International Open Academy – Sports Agent Course 1Training – Digital Marketing & Advertising Complementary Medical Association – Neuro Linguistic Programming (NLP) Practitioner Centre of Excellence – Public Speaking Diploma CMA Level 3 – Pilates Instructor British Athletics – Athletics Coach (Speed)
2019	ALTIS Track and Field Education – Coaching the Short Sprints
2016	UKSCA – Accredited Strength & Conditioning Specialist (ASCS) (75% complete) USATF Level 3 – High Performance Science, Physiology (Online) BAFCA Level 1 – British American Football Coaching Association Functional Movement Systems – Y-Balance Test Certified
2015	International Diploma – SAQ Advanced Instructor (Speed, Agility, Quickness) USATF Level 2 – Sprints, Hurdles, Relays (North Carolina, USA) USATF Level 1 – Athletics Coach (Virginia, USA) (NCACE Level 3)
2014	Performance Externship – Michael Johnson Performance (Texas, USA) FMS Certification: Levels 1 and 2 (Vancouver, Canada) CrossFit – Level 1 Boxercise – Boxercise Instruction
2008 – 2009	NVQ Level 3 – Personal Training (Active IQ) NVQ Level 3 – Sports Massage Therapy (Active IQ) UKA Level 2 – Sprints, Hurdles, Relays (core)
2007 – 2008	NVQ Level 2 – Fitness Instruction UKA Level 1 – Athletics Coach (British Athletics)
2006 – 2007	BTEC Diploma in Sports Science – East Berkshire College

Sporting Career and Experience

2015 – 2016	Austria training camp, selected as a part of Team GB Skeleton development squad
2011 – 2016	International training camps with the Great Britain National Squad. County 400m Champion 200m Silver – Bermuda National Championships (2012). Broken back (2013)
2007 – 2008	Accepted into semi-professional FEDO (Football Education Development Opportunity) academy. FA Youth Cup, Combined Counties Premier Division Champions. Offered full college scholarship after a USA Soccer Scholarships Trial Selected to represent England Colleges
1995 – 2002	Arsenal FC Soccer School, Chelsea FC Soccer School.

Additional Skills

Full UK Driving License, First Aid (+COVID-19), UKAD Advisor, First Aid in Football (IFAiF)

References

Tony Lester

Head Coach, Denmark Athletics

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James Moore

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