

Przemysław Gaszynski

Strength and Conditioning Coach, Skill Acquisition Specialist



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SKILLS:

- Training Program Design & Implementation
- Team Leadership & Development
- Training Design for Skill Transfer
- Data Analysis & Load Monitoring
- Adaptive Programming
- Communication & Problem-Solving
- English Proficiency – Advanced

PROFESSIONAL EXPERIENCE:

STRENGTH & CONDITIONING COACH

2024-present | Steam Hemarpol Norwid Częstochowa (Poland, Plus Liga)

Developed comprehensive training programs, managed load monitoring systems, and implemented recovery protocols for professional volleyball team.

2023-2024 | Henan Province Youth Volleyball Team (China)

Led strength development program for elite youth athletes, resulting in measurable performance improvements and reduced injury rates.

2019-2020 | Indian Men's National Volleyball Team

Prepared team for 20th Asian Senior Men's Championship through periodized training programs and individualized athlete development.

2016-2018 | Trefl Proxima Kraków (Poland, Tauron Liga)

Designed and implemented comprehensive S&C programs for professional women's volleyball team.

2008-present | Skills4athletes, Kraków

Developed and delivered specialized S&C sessions for multiple sports including football, fencing, athletics, basketball, and volleyball.

EDUCATION & TEACHING

2003-2023 | Physical Education Teacher, Basketball Coach, High School No. 8, Kraków

Created and implemented programs based on Nonlinear Pedagogy, placing students at the center of the learning process.

2004-2015 | Camp Manager & Staff Trainer, CHRIS Tourism and Recreation

Optimized processes, built and managed teams of 50+ employees, and designed staff training programs.

LECTURER & PRESENTER

- **2025 | Modern Approaches to Load Management in Professional Volleyball** - Designing Skill Acquisition Process
- **2025 | Next Generation Performance 2025** - Optimizing Volleyball Training Load During the In-season.
- **2024 | Beijing Sport University** - Strength and Conditioning in Volleyball, Load Management in Team Sports
- **2023 | Coaching Sport** - Nonlinear Pedagogy (10 cities across Poland)
- **2022 | Malopolska Volleyball Federation** - Strength Training in the LTAD
- **2022 | Glinka Academy** - Strength and Conditioning in Youth Volleyball
- **2022 | Player Development Conference** - Basketball Movement Skills
- **2020 | Skills4athletes** - Speed & Agility Development Principles
- **2005-2016 | Chris Turystyka i Rekreacja** - The Art of Effective Communication, Team Building, Motivation, Creating an Environment that Supports Development



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EDUCATION

2011-2012 | Postgraduate Studies: Athletic Training in Team Sports

Academy of Physical Education, Katowice

1999-2003 | Master's Degree: Physical Education

Academy of Physical Education, Kraków

- Sport Instructor of athletics, basketball, volleyball, football, handball, fitness, and body-building.

COURSES

2024 | Running Mechanics Professional – Level 1 Foundations & Level 2 Med

Derek Hansen

2024 | Train Smarter and Harder

Gabbett Performance Solutions

2024 | Certificate in Growth & Maturation for Youth Athletes

The Athlete Development Project

2023 | UEFA C Coach Licence

Polish Football Association

2022 | Strength and Conditioning Coach Level 2

ASCA (Australian Strength and Conditioning Association)

2022 | Professional Diploma in Strength and Conditioning for Football

Barca Innovation Hub

2022 | Certified Basketball Speed Specialist (CBSS)

Lee Taft

2020 | Youth Strength&Conditioning Coach

Strength & Conditioning Education

2020 | ALTIS Foundation Course

ALTIS

2020 | Speed Insiders Academy Course

Lee Taft

2020 | BioForce Conditioning Certification (CCC)

8 weeks out

2019 | The Certified Speed & Agility Coach Course

National Sports Performance Association

SPORT

1988 - 1995 | **Dąbski Krakow** - Football

1995 - 1999 | **AZS AWF Krakow** - Athletics

2006 - 2016 | **ZIS Gaszynscy, Lexmark** - Futsal

2008 - 2023 | **Haldent, Sleeping Knights** - Basketball

HOBBY

- Complex Systems
- Speed Development
- Skill Acquisition
- Athletics, Basketball, Futsal, Football
- Art of motivation and communication

