

Przemyslaw Gaszynski

STRENGTH & CONDITIONING | PHYSICAL PERFORMANCE COACH
INTERNATIONAL VOLLEYBALL | NATIONAL TEAMS | PROFESSIONAL SPORT

International S&C Coach with senior national-team, professional volleyball and high-performance youth experience across Europe and Asia. Experience includes the men's national teams of Poland and India, PlusLiga and a provincial U19 programme in China, combining physical performance, athlete monitoring and return-to-performance with an applied skill-acquisition perspective.

CONTACT
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linkedin.com/in/przemyslawgaszynski
Open to international relocation

PROFESSIONAL EXPERIENCE

18+ YEARS IN S&C COACHING | PROFESSIONAL & INTERNATIONAL VOLLEYBALL SINCE 2015

Poland Men's National Volleyball Team | Strength & Conditioning Coach

Spała, Poland | Senior national-team training camp | 19-player squad | 8–19 Jun 2026

- Selected for a 12-day national-team assignment, working within the established performance system for a 19-player senior men's squad.
- Led court warm-ups, tracked jump exposure with VERT and coached VBT-based strength work; adjusted individual prescriptions within the wider team plan.

Steam Hemarpol Norwid Częstochowa | Strength & Conditioning Coach

Częstochowa, Poland | PlusLiga | Men's professional volleyball | Aug 2024–May 2026

- Led day-to-day physical preparation for a 14-player roster across pre-season, congested competition blocks, travel and variable athlete availability.
- Converted wellness, session-RPE, CMJ and Enode Pro strength/power data into individual load decisions through TeamBuilder, custom Excel tools and daily coaching-medical collaboration.
- Delivered return-to-performance and capacity-building modifications alongside volleyball practice, preserving team integration while respecting medical constraints.
- Fully tracked cohort (n=10): squat e1RM +34.3%, bench e1RM +13.6%, squat power +20.1% and bench power +8.5%; season-average CMJ +7.3% and average season-best CMJ +15.5%.
- Competitive context: eighth in the 2024/25 PlusLiga and a CEV Challenge Cup quarter-final in the club's first European campaign in 2025/26.

Henan Province Youth Volleyball Team | Strength & Conditioning Coach

Henan, China | Provincial U19 high-performance programme | Dec 2023–Sep 2024

- Designed a 10-month physical-development programme integrating strength, power, plyometrics, speed and tissue capacity with a high-volume volleyball schedule.
- Built individual profiles from CMJ, Drop Jump/RSI, Depth Jump, strength and Keiser power testing; used z-scores, readiness checks and RIR-based autoregulation to adjust training.
- Mean individual changes: CMJ +9.4%, Drop Jump RSI +18.1%, squat power +22.9% and chest-press power +26.8% (all n=17); deadlift power +46.1% (n=15). Team finished sixth at the 2024 China U19 Men's Championship.

Indian Men's National Volleyball Team | Strength & Conditioning Coach

Bangalore, India | Qatar | Iran | Senior men's national team | 2019–2020

- Operated as the sole S&C Coach, aligning 2–3 weekly strength sessions, movement preparation, agility exposure and individual load modification with court practice and competition demands.
- Integrated 20 m sprint, force-plate CMJ/squat jump with coaching observations and athlete feedback; introduced internal-load monitoring and coordinated modifications with the physiotherapist and physician.
- Re-established core S&C routines ahead of the team's return to major international competition; the team finished eighth at the 20th Asian Senior Men's Volleyball Championship after a three-year absence.

IMPACT SNAPSHOT

+7.3% CMJ

Norwid | fully tracked cohort, n=10

+9.4% CMJ

Henan U19 | full cohort, n=17

2 SENIOR NATIONAL TEAMS

Poland and India

PLUSLIGA & TAURON LIGA

AREAS OF EXPERTISE

- Programme design
- Strength & power
- Athlete monitoring
- Load management
- Return to performance
- VBT
- Speed, COD & agility
- Plyometrics
- Movement preparation
- Skill acquisition
- Sport technology
- Sport Science

PERFORMANCE TECHNOLOGY

Monitoring & programming

Enode Pro | VERT | RPE | Wellness |
TeamBuilder | Custom Excel tools

Testing & training

Keiser | 1080 Sprint/Quantum | OptoJump |
SkyHook | Timing gates | Force Plates | VBT

LANGUAGES & MOBILITY

English

Advanced

Polish

Native

Open to international relocation

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EARLIER PROFESSIONAL EXPERIENCE

Trefl Proxima Kraków | Strength & Conditioning Coach

Poland | Women's professional volleyball | 1st League / Tauron Liga | 2016–2018

Led the S&C process across two seasons, supporting second place in the Polish 1st League and sixth in the Tauron Liga following promotion.

Worked with physiotherapy on progressive return to performance for lumbar-spine limitations and load modification for tendinopathy-related cases.

Hutnik Kraków | Strength & Conditioning Coach

Poland | Men's professional volleyball | Polish 1st League | 2015–2016

Ran the end-to-end S&C process in a resource-constrained environment using clear progressions, practical monitoring and close physiotherapy collaboration.

Skills4athletes | Founder & Performance Coach

Kraków, Poland | Individual and small-group coaching | 2008–present

Maintain an independent coaching practice alongside team roles, designing individual and small-group programmes across multiple sports and age groups.

LEADERSHIP & TEACHING

Physical Education Teacher & Basketball Coach | High School No. 8

Kraków, Poland | 2003–2023

Taught approximately 140 students aged 15–19 each year across seven classes, using differentiated challenges, grouping and choice to create adaptable learning environments. Coached the girls' basketball team three times weekly and organised school athletics, basketball and football competitions.

Camp Director & Staff Trainer | CHRIS Tourism and Recreation

Piaseczno, Poland | 2003–2016

Directed camps for up to 320 children and approximately 50 staff; evaluated staff, supported recruitment, built programmes and schedules, and led safety standards and crisis response. Trained 300+ educators, 50 camp managers and 10+ Camp Directors through live and online workshops using original materials.

LECTURER & PRESENTER

2025-present ALTIS Higher Education (a Woolf College) | Skill Acquisition in Athletic Performance

2025 Modern Approaches to Load Management in Volleyball | Designing the Skill Acquisition Process

2025 Next Generation Performance | Optimising Volleyball Training Load During the In-season

2024 Beijing Sport University | S&C in Volleyball | Load Management in Team Sports

2023–2026 Coaching Sport | Nonlinear Pedagogy | 10 Polish cities

2022 Małopolska Volleyball Federation | Strength Training in LTAD

2022–2023 Glinka Academy | Strength & Conditioning in Youth Volleyball

2022 Player Development Conference | Basketball Movement Skills

2020–2026 Skills4athletes | Speed & Agility Development Principles

EDUCATION

Postgraduate Studies in Athletic Training in Team Sports

Academy of Physical Education, Katowice | 2011–2012

Master's Degree in Physical Education

Academy of Physical Education, Kraków | 1999–2003

Qualified sports instructor in athletics, basketball, volleyball, football, handball, fitness and bodybuilding.

SELECTED CERTIFICATIONS

2026 EXOS Performance Specialist
EXOS

2024 Train Smarter and Harder
Gabbett Performance Solutions

2024 Growth & Maturation for Youth Athletes

The Athlete Development Project

2023 UEFA C Coach Licence
Polish Football Association

2022 Strength & Conditioning Coach Level 2
ASCA | reaccreditation in progress

2022 Professional Diploma in S&C for Football
Barça Innovation Hub

2022 Certified Basketball Speed Specialist
Lee Taft

2020 Youth Strength & Conditioning Coach
S&C Education

2020 ALTIS Foundation Course
ALTIS

2019 Certified Speed & Agility Coach
NSPA

APPLIED COACHING LENS

Ecological Dynamics

Representative Design

Constraints-Led Approach

Long-Term Development

Data-Informed Coaching

Agile Periodisation

Performance data informs decisions without replacing observation, athlete feedback or context. Training is designed to preserve transfer, adaptability and athlete availability.