



Thrasyvoulos Efstathopoulos

Diploma in Sports Science and Physical Education

- ❖ **Born:** 05 June 1988 (Greece)
- ❖ **Marital status:** Single
- ❖ **Online profile:** www.linkedin.com/in/akis-efstathopoulos
- ❖ **Contact:** Ennet Brücke 7, VISP, 3930

Summary

- proactive leadership personality with extensive experience in professional sport teams as a coach and assistant coach
- Highly **empathetic, propelling** and **ambitious** trainer following and supporting the demanding need for performance
- **Efficient** in planning and executing training plans both in Volleyball and in physical preparation in weight rooms.
- Communicative | Strategic | target-oriented | multi-lingual | Ambitious | hands-on mentality
- Working Experience in junior and senior National teams of Greece participation in International Level competitions.

International experience

Full professional Volleyball Coach for teams in Greece, Poland, Romania, Germany since 2014, amongst them:

- Six consecutive years working in Greek Volleyball of the highest league (A1): men and women teams.
- Assistant coach in Targoviste A1 Romanian league under the Head of Guillermo Naranjo and responsible of supervising and organizing the weight sessions under Marco Da Lozzo
- two consecutive plus one more seasons under Nicola Vettori in Uni Opole first League in Poland responsible of organizing the practices, preparing the video analysis and the statistics, supervising the weight practices under Piotr Pietrzak
- two consecutive seasons in Bundesliga working as an Assistant Coach in Rote Raben Volleyball under Florian Volker supervising the physical preparation under Toni Brandmaier / working as an assistant in Schwarz Weiss Erfurt under the head coach Konstantin Bitter

Key Competencies

- Teaching, coaching and able to interact with multicultural and multilingual groups
- Profound expertise in advanced techniques and tactics of volleyball combined with own player experience (2nd league Greece)
- Working in the Swiss Volleyball environment as head coach in the second highest league.
- Being familiar with the Swiss Volley talent development through my active involvement with Wallis Academy.
- Highest League experience with permanent reflection of victories and defeats

- Highly developed feedback culture in communication with the athletes and the staff
- Teaching experience in school (2 semesters with 6-18 years old students)
- Successful dealing with different mentalities in sports and every-day-life
- Scouting with Data volley/Volley station with troubleshooting skills for software and hardware
- Fluent in Greek, English, German and Polish (basics on level B1)

Personal Skills

- Responsible and hard-working coach
 - Able to work with different people and levels in the organization, in different countries and cultures.
 - No micro-management, creating self-responsible teams.
 - Always open-doors-office
 - Giving support to teams and colleagues when needed
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Professional Development

Aug 2023 – On going

- **VBC VISP/ Volley Academy Wallis**
 - *Head coach/Physical Preparator*
NLB - Switzerland

July 2022 - March 2023

- **UNI OPOLE**
 - *Assistant Coach*
Tauron league - Poland

July 2021 - March 2022

- **Schwarz-Weiss Erfurt**
 - *Assistant Coach/Physical Preparator*
Bundesliga- Germany

Aug 2020 - May 2021

- **Rote Raben Vilsbiburg**
 - *Assistant Coach/Physical Preparator*
Bundesliga- Germany ranked 5th.

Aug 2019 - May 2020

- **UNI-OPOLE**
 - *Assistant Coach/Physical Preparator*
1 LIGA WOMEN-Poland ranked 2nd-silver medalist.

Aug 2018 - May 2019

- **UNI-OPOLE**
 - *Assistant Coach/Physical Preparator*
1 LIGA WOMEN-Poland ranked 5th, University Poland Finals - Gold metal

Aug 2017 - May 2018

- **CSM Targoviste**
 - *Assistant Coach/Physical Preparator*
Challenge Cup, A1 Romanian division ranked 4th, Final 4 Romanian Cup

May 2017 - Aug 2017

- **Hellenic Volleyball Federation**
 - *Assistant Coach- Scoutman Greek National Team Women*

Sep 2016 - May 2017

- **Pannaxiakos Women Volleyball Club**
 - *Assistant Coach & Scoutman*
A1 Greek league -ranked 2nd - 2nd Place Greek Cup

Sep 2015 - May 2016

- **A.O.Kifisias Men Volleyball Club**
 - *Statistician Scoutman*
A1 Volleyleague - ranked 2nd regular season - 2nd Place Greek Cup

Sep 2015 - May 2016

- **Panathinaikos Women Volleyball Club**
 - *Statistician Scoutman - Assistant Coach*
A1 Greek league - ranked 2nd regular season - Final 4 Greek Cup

2014 - 2019

- **Hellenic National Volleyball Team – Men Junior/Youth**
 - *Statistician Scoutman*
European Qualification / Balkan Championship

Aug 2014 - May 2015

- **AC Orestida Men Volleyball club – Greece**
 - *Assistant Coach/ Scoutman*

Aug 2014 - May 2015

- **AC Orestida Mini Volleyball Academy**
 - *Head Coach*

Nov 2013 - May 2014

- **AEK Athens Volleyball Men's Club**
 - *Assistant Coach & Statistician Scoutman*
A1 Volleyleague - ranked 4th League Cup Holder

Aug 2009 - Nov 2013

- **Panahaiki Men Volleyball Club**
 - *Assistant Coach & Statistician Scoutman*
 - A1 Volleyleague
 - A2 division 2009-11 | 2011-12 - ranked 1st.

Aug 2008 - May 2009

- **Panerithraikos Junior Academy**
 - *Head Coach*

Aug 2006 - May 2009

- **Panerithraikos Men Volleyball Club**
 - *Assistant Coach & Statistician*

Education

Sep 2024 - ongoing *University Of Peloponnese*

MSt, Modern Sports Communication, Journalism and Photopress

- Sports Management
- Sports Communications
- Sports Scientific Research

March 2024 Oct 2024 *Exos Academy*

EXOS PERFORMANCE SPECIALIST (xps)

- Desing of Strength and Conditioning plans
- Sports Testing protocols
- Nutrition and Recovery
- Bridge Athletics integration

Sep 2006 Sep 2011 *National & Kapodistrian University of Athens*

BSc, Physical Education & Sports Science

- Specialization in Indoor Volleyball (1 year A license)
- Sports Rehabilitation (protocols)
- Internship in School (1 year)
- Public Health
- Sports Phycology
- Pedagogical education

Sep 2003 Aug 2006 *Greek Apolytirion, High- and Sports school, Athens*
 Volleyball Player | Hellenic High School Championship - Ranked 2nd.

Additional Qualifications

- ❖ Microsoft Office | MS Project | AutoCAD
- ❖ Language skills Greek: Native speaker English: Proficient (C1)
 German: B1 Level Polish: Basic knowledge (A2)

VISP, 10/27/2024

Thrasyvoulos (Akis) Efstathopoulos