

Curriculum Vitae

Family Name: Grozdev

Middle Name: Petrov

First Name: Valentin

Date of Birth: January 20, 1969

Place of Birth: Sofia

Nationality: Bulgarian

Address: 1113 Sofia, Bulgaria

Cell: + 359 888 359 110

e-mail: valentin.grozdev@gmail.com

Education and Qualifications:

1976 – 1984 Primary Education

1984 – 1987 Secondary Education

1987 – 1989 Armed Forces Academy for Outstanding Sportsmanship

1989 – 1994 Higher Education (National Sports Academy)

(M.Sc. in Track and Field Coaching and Sports Management)

1991 Certificate in Classical and Chinese Massage.

2001 Certificate in English - level 4 (Institute for Foreign Languages)

2006 Certificate for Tennis Instructors to the National Sports Academy

2007 Trainer's Program for Tennis Instructors to the National Sports Academy
(Certificate – Level 1)

Professional Career

1992 – 1994 Cardio Fitness Center – Sofia

Sports Massage and Rehabilitation - professional and personal trainer

1994 – 1995 Proxima Sports Club – Sofia

Conditioning coach – tennis and soccer. Personal fitness trainer. Sports Manager of the Club.

1998 – 2002 Conditioning coach for the Bulgarian National Tennis Team competing in the Davis Cup

2000 Specialization in the United States – fitness and rehabilitation, El Paso, Texas

2007 – 2012 Conditioning coach for the “Levski Sofia West” Futsal Club

2009 – 2011 Conditioning coach of the Bulgarian National Futsal Team

2003 to present Part-time lecturer in strength and conditioning preparation at Sofia University St. Kliment Ohridski

1999 to present Akademik Sports Complex, conditioning coach – tennis and soccer, and personal fitness trainer

2013 to present Conditioning coach for the Bulgarian National Skiing Team in alpine skiing.

1986 – 1991 Awards and Achievements:

Four-time national and varsity champion in track and field

Publications:

Monthly column in Men's Health (Bulgarian edition)

Hobbies and interests:

Photography, sports literature, fitness, tennis, skiing

Languages:

English - Level 4 (Foreign Languages Institute)

Diplomas and Certificates:

1. University Degree
2. Academic transcripts
3. Specialization certificates
4. Attachments to the specialization certificates
5. Recommendations
6. Supporting Letters

Additional Information:

☐ Personal Trainers in Track and Field:

- Dimcho Nikov

- Prof. Michail Bachvarov

- Associate Professor Apostol Slavchev

☐ Personal best at 400m hurdle race: 53.39 seconds

☐ Personal best at 100m sprint: 10.4 seconds