

George Pomaski B.Sc.

A world class track and field coach with more than 30 years of experience holding more than 28 medals. With overall more than 31 athletes (female and male) in major indoor and outdoor world leading championships (Olympic Games, World Championships, European Championships, Diamond League) for Greece (Gold Metal in Broad Jump 8m 41 cm., Tokyo 2021). International and national media have characterized him as the King of Athletics, and he has been honored with the “Best Coach of the Year” award by the European Athletics in 2017. George was born in Bulgaria and studied in a specialized sports school by 1979. At the age of 12 he started as an athlete in high jump and at the age of 17 he transferred to triple jump. From 1978 till 1988 was an active triple jump athlete in the Bulgarian Team with a record 17.03

Head of track and field coach S.E.G.A.S. Greek Athletics Federation 1992 - present. Coaching talented athletes who excel in their sport (long jump, triple jump, high jump) and training them to succeed in international competitions. For each athlete George creates a tailor-made schedule of training, technique improvement and psychological preparation. •with active participation in 6 Olympic Games.

Panagiotis Karmiris B.Sc., M.Sc.

He holds a B.Sc. degree from the National Technical University of Athens - Department of Applied Mathematics and Physics, and a master’s degree in Nuclear Physics. An MMA Conditioning Coach from National Exercise and Sports Trainer Association (USA) (2020). Social Management Degree from Northwestern University USA (2014). Pankration Coach (2013, 2016) and Kettlebell Coach with certifications (2014) from the Greek General Secretariat of Sports. A Sports and Event Manager Level 1, from the National Exercise and Sports Trainer Association (USA) (2012). An International Pankration Coach and a Referee (Hellanodikis) Certification from the World Pankration Athlima Federation (2008 as well as a self defence Certification Coach for Integrated Combative Arts Training (iCAT) (2003 - 2011)

He is Founder and owner of sports center (FIGHT BOX), Co-owner and event manager in sports events Cage Survivor, Submissionism & Combat Strike event manager for the National Championships of Greek Pankration Federation (2013 - 2018). Co-Founder and owner of a sports center (Pankration Arena) (2017). Event manager at the Kids National Championships for the Greek Jiu Jitsu Federation. Federal Coach of Pankration Athlima “Pliris Agon” (2004-2012). Pankration athlete (2nd Place at World Pankration Athlima Cup in Talin, Estonia (2011). Professional MMA fighter in UK events CFC & UWC (2004-2010).

POULOS STELIOS B.Sc., M.Sc.

He holds a B.Sc. in Physical Education from the School of Physical Education and Sports Science, University of Thessaloniki, as well as, a M.Sc. in Coaching from the School of Physical Education and Sports Science, University of Athens. Presently, he is a Ph.D. candidate at the medical school, University of Athens. He is accredited by the A.C.S.M (American College of Sports Medicine) U.S.A., and a Licensed Soccer Coach UEFA A’.

Founder and CEO of Exercise Physiology Lab ERGOFIT (Athens & Patra) since 2010. Presently he is working as an Exercise Physiologist at REA Maternity Hospital, and as a teaching assistant at the University of Athens (Exercise physiology in football). He is a Collaborator of the Greek Football Federation. He has been is involved in coaching and active sports

assessment practices, by lecturing and leading seminars in Exercise Physiology 1992-1998. Trainer & Gym manager of the NAUTILUS - ELMEC SPORT club. SUPER LEAGUE EGALIO F.C. 2003-2006, and in ten (10) teams 2nd National Division football Head coach.

Dr. Anna Papageorgiou B.Sc., Ph.D.

She holds a B. Sc. in Sports and Exercise Sciences from the University of Athens, as well as a B. Sc. in Clinical Dietetics and Nutrition Science from the Harokopio University and a Ph D. degree from Athens Medical School. Level C Researcher at University Research Institute for Maternal-Child Health and Medical Precision with fields of specialization such as childhood obesity, metabolism, health promotion and the way of life and prevention of chronic diseases.

Dr. Anna Papageorgiou is the founder of "Eurostia" Center and responsible for designing health promotion programs, providing services to adults, children and athletes. Responsible clinical Dietitian at the weight control center for children / adolescents of the Pediatric Clinic "Mother". She served as a Scientific Associate at the Children's Hospital "Agia Sofia" (Athens Medical School), innovating, with the operation of the first camp program for obese children in Greece. Scientific Officer for the European Programs (Erasmus sport), Exercise (High Level Group on Nutrition and Physical Activity, DG-SANCO). A Nutritionist for high level athletes in professional and national teams, and a national level Track and Field athlete for 14 consecutive years. She taught at Athens Medical School (Postgraduate program "stress management and health promotion") and at several Private Colleges. She is currently the General Secretary of the Hellenic College of Lifestyle and Health. She has served as a Nutritionist for many high-level athletes in professional basketball teams (Olympiacos, Ilisiakos, Panellinios) as well as in National sports teams (National Ensemble Gymnastics team, National Cycling team, National Handball team). Anna has also worked as a Project Leader in designing the catering and nutrition services at the Athens 2004 Olympic and Paralympic Games. She was the Olympic Stadium's Nutritional Director, designing the athlete's program of nutritional support as well as arranging the official menu of the opening and closing ceremonies.

Dr. George Vavetsis B.Sc. M.Sc. Ph. D.

Dr. Vavetsis holds a doctorate (PhD) and degrees of study in the fields of Biochemistry of Exercise and Clinical Exercise Physiology from Athens Medical School. Master's degree (MSc) at A.U.E.B Athens University of Economics and Business (Department of Statistics), a Postgraduate in Physical Education and Sports Science at the University of Athens and has a specialization in Volleyball. He also holds a Postgraduate degree in Physiotherapy. He has been certified by:

NASM- Certified National Academy of Sports Medicine (CPT-PES-CES)

NSCA – Certified National Strength and Conditioning Association (CSCS)

A.C.S.M. Certified- Clinical Exercise Physiologist

Nautilus Certification – Level I&II

Has served as a coach for high level athletes in many different sports and countries (Greece, Russia, Turkey, Switzerland) resulting in 35 state championship teams, including National Teams (Volleyball, Handball, Basketball, Football, Beach Volley). Specializing in Fitness and

Physical Capacity Development programs for professional athletes, with great experience in reintegrating athletes into active action, after rehabilitation and analgesia. Furthermore he has contributed to the implementation and development of training programs for various specialties of athletes. Expert in the implementation and design of programs for the development of strength, speed, skill, flexibility, and all the parameters that bridge the gap between theory and practice of training for high-level athletes. Applying innovative training methods and at the same time improving their performance, with special programs to protect Athletes from injury.

Dr. Konstantinos N. Pavlou B.Sc. M.Sc., Sc.D., FAAKPE

Dr. Pavlou completed his university studies in the USA (1970-1982) with basic studies in Sports Sciences, and postgraduate specializations in Exercise Physiology-Coaching, Clinical and Sports Nutrition, while he was actively involved in Organization, Administration and Research in the above areas. He held the chair of "Research, Applications and development Department", at the National Center for Sports Research (EKAE) of the Athens Olympic Sports complex (OAKA) (1986-2011) with a parallel academic appointment as a visiting professor, at the University of Northumbria at Newcastle UK. Prior to his return to Greece, he held Academic-Research positions in American Higher Education Institutions such as 'Unity College' (1975-77), 'University of Maine at Orono' (1976-78), 'Boston University Medical School' (1981 -83 and Harvard Medical School (1982-86). In Greece, he co-founded and presided at the first Private "College of Sports Sciences" (1990-2011), introduced the Academic specialty of "Sports Organization and Management" in Greece (ERASMUS Program). Co-founder and first Academic Rector of the "Hellenic American University" (2004-2006), all the while he was leading the organized efforts of the "TEFAA University of Thessaly" (1986) and the "Harokopio University of Athens" (1992). In 1999 he was unanimously elected a lifelong member of the "American Academy of Kinesiology and Physical Education" (FAAKPE), which includes 150 selected scientists from around the world. Author of seven (7) Books-conference meetings, in Greek (3) and English (4) languages, while his pioneering research data was published in Greek and English scientific literature. He was a high-level athlete in Football (Niki Volou A 'Ethniki) Rowing (Nautical Club of Volos), Athletics (GS Volos), while he also held a university level head coach (Football, Basketball and long distance) in USA. Apart from the services in the National Research Centre to the athletes of all the National and professional Greek Teams, , he was a scientific collaborator in the following Greek Sports federations: Swimming Federation (1986-1990), Basketball Federation (1986-1990), (1986-1997) Track and Field (1987 -1998), Weightlifting (1988-2003) and Wrestling (1987-2000). By order of the Ministry of Education and the National Council for Research and Technology (ESET) (2011), he was assigned head of three-member committees, each one of them designated with the task of evaluating the four Research Centers -which are an extension of the University of Thessaly-, while at the same time, participated at the "National Committee for Nutrition and Sports" of the Ministry of Health.

He is currently a member of the Board of Directors of the "World Federation of Pankration Athlima" and head of a Scientific Committee, with the aim of attaining the position it deserves in the global sports arena.

Pyrros Dimas:

The recognition that came with my success in the Olympics, made me realize my social role. When little children are looking up to you as a role model it's hard not to reconsider or -at

least- think more about how you live your life, what you believe in, etc. I can confidently say that I have tried my best to assume this new role, with all the responsibilities that come with it.

I did that even more after the end of my weightlifting career. Then things got a bit more complicated. My sport was going through a hard time in Greece, so I had to step up and lead it out of the crisis. In 2008 I became the President of the Greek Weightlifting Federation. I felt the same when I ran for Parliament in 2012, when Greece was deep in a financial crisis, which seemed not to be ending. I thought that when the people you love are having a hard time it is your responsibility to show you are there for them. Later on, I joined the Council of the International Weightlifting Federation (IWF). More recently, I accepted the duties of Technical Director and Head Coach of the USA Weightlifting National team, and I was honored and elected member of the Hellenic Olympic Committee.

Last December at the Peace and Sport International Forum, I took an additional step by becoming a Peace and Sport Champion for Peace. I brandished the white card to mark my commitment to the cause of peace through sport. I feel immense pride to see that even in the current crisis, so many people are taking pictures of themselves holding white cards and sharing them on social media in the framework of the International Day of Sport for Development and Peace celebrated on April 6th.

Today, I am committed to give concrete orientation to my action. I want to strengthen the work of my foundation, the “International Sports Institute PYRROS DIMAS”, which was created in the hope of developing and promoting sport through activities with a social dimension. It implements projects using sport for education, and additionally supports weightlifting athletes. But I would like to go further. I would like to extend the Institute’s actions to an international level.

I feel honored to get involved in the “Sports sciences and coaching” Academic program, offered at the NYC In Athens Greece, in collaboration with Bolton University UK, under the academic guidance of the former scientific advisor of Greek Weight lifting federation, Professor Dr. Konstantinos N. Pavlou Sc.D. FAAKPE and contribute to further develop Olympic weight lifting appreciation as well as strength conditioning, and Physical activity programs in Greece, by inspiring Greek students to get further involved in Sports and Fitness-health related programs by acquiring the proper skills and knowhow needed more than ever today.

Ioanna Drandaki B.Sc.

Graduate of the University of Athens (Sports Sciences Department (TEFAA) Specializing in “Rhythmic Competitive Gymnastics”.

Certified Yoga teacher, E-RYT 500, YACEP® from global organization of teacher certification Yoga Alliance

AFAA Certified as a Group Exercise Instructor.

Postgraduate candidate for the Program entitled: “Aging and Chronic Disease Management “(CHD) at the Hellenic Open University.

Postgraduate candidate for the Program entitled: “Occupational Health and Safety” at the Democritus University of Thrace, Department of Medicine.

Certified teacher Usui Shyki Ryoho, Reiki, levels 1 & 2.

Official trainer in Greek Fitness schools since 1997.

Presenter at Pan-Hellenic conferences since 1997-today.

Has been CEO, in famous Health Clubs in Athens for the last 20 years.

Director of Yoga Alliance 200 & 300 diploma, of the educational organization Studio One.

CO, of the fitness educational organization, Studio One.

Economou Philipp B.Sc. M.Sc.

He holds a B.Sc. from the University of Athens, Department of Physical Education. Athens 1985-1989 and a B. Sc. From

Deere College, (Boston University), in Business Administration.

He is a Ph.D. Sporthochschule Cologne candidate at the Institute of sports history.

Coach diploma in cycling from the German Sports Federation.

He is actively involved as a lecturer in historic and social issues on sport events, from antiquity to today, as they relate to the socioeconomic as well as cultural influences. He is involved in ERASMUS programs regarding the sports for all movement in Europe. Presently he serves as the treasurer of the "Pan-Hellenic Coaches Association" (POPA).

Dr. Patsou Efrossini B.Sc. M.Sc. Ph.D.

She holds a PhD Degree in Psychology - Field: Psychology of health, Panteion University of Social & Political Sciences- Athens, Department of Psychology (2020).

A master's degree in Sport Psychology, National & Kapodistrian University of Athens

Department Of Physical Education (2012). A Bachelor in Cognitive Behavioral Therapy EDEXCEL-University of England (2012). A bachelor's degree in psychology Panteion University of Social & Political Sciences - Athens (2007) Department of Psychology, and a Bachelor in Sport Sciences and Physical Education, National & Kapodistrian University of Athens (1997), Department of Sport Sciences and Physical Education

From 1990 until 2006 as an athlete of the National & Olympic Track & Field Team of Greece (100 m, 200 m 4x100relay) participated in European (3) world (1) and Mediterranean (1) championships, as well in two (2) Olympic Games (Sidney, Athens).

With Teaching and lecturing experience in Sports Psychology, in state and Private colleges, and tutoring psychological counseling to elite professional Athletes.

Scientific Associate of Sport Psychology at the National Track & Field Team of Greece (since 01/2009) as well as Scientific Advisor of Sport Psychology in AEK FB Academy (2017-2019)

Tournavitis Konstantinos B.Sc.

He holds a B.Sc. degree in Sports Sciences from the University of Athens Specializing in Swimming, with studies at the mathematics department of the university of Athens. He is licensed (A category) to practice as a swimming coach, fencing coach and modern pentathlon coach. He served as a deputy director and Alytarch of Modern Pentathlon Of the Olympic Games in Athens (2004). Professor of Physical Education of the Hellenic Army Academy. (1991-1994) and Tutor at the college of sports sciences Hellenic branch of the University of Northumbria at Newcastle. (1996-2002). He was a top swimmer representing Greece, while served as a swimming coach achieving many Greek records (swimming 15) as well as, Greek national coach in modern Pentathlon. Athletes in "Modern Pentathlon" under his training have achieved 5 times national "best performance" and 20 Greek championships, as well as distinctions in World Championships and other international meetings (1988-2021). He has served as a deputy secretary of Club Special Forces & Sacred Squadron. Vice-Chairman of the Board of directors of the Pan-Hellenic Federation of Sports Coaches. Member of the Board of I.D.E.A.D. (Institute of International & Greek Sports Law). Vice President and Gen.S. Board of the Association of Swimming Coaches (SEPKYSKK), a commentator for the international sports television station EUROSPORT and a founding member of the Hellenic Rescue Team, Athens branch.

Paul Kotsiras B.Sc., M.Sc.

Bachelor in Business Administration, Athens University of Economics and Business (ASOEE) • Physical education, National and Kapodistrian University of Athens • Diploma in Financial Analysis, NUDIUS • Diploma in Health and Fitness, American Council of Sports Medicine VP of the Panhellenic Gym Association 1999 - 2005 Board member of the European Fitness Organization 1991 - 2011 Board member - Head of the Gym Owners Association 1998 - 2010 Board member of the Panhellenic Association of Sports Economists and Executives 1993 - 1997 Board member - Head of Development of the Panhellenic Physical Fitness Organization

Athanasios Moustogiannis B.Sc., M.Sc., Ph. D.

He graduated from the National and Kapodistrian University of Athens with a degree on Physical Education and Sports Science and then continued his post-graduate studies by earning a M.Sc. degree in "Molecular and Applied Physiology" and his Ph.D. in physiology from the Medical School of the same University with a first class honors degree. He has been presenter of more than 20 posters and presentations in National and International Conferences and Meetings such as those of the American College of Sports Medicine, the European Muscle Conference, the Growth Hormone Research Society as well as Hellenic Society of Biochemistry and Physiology of Exercise. He has been awarded three times by the "Best Presentation Award", once in the European Muscle Conference (2015), from the American College of Sport Medicine (2018) and from Panhellenic Endocrinology Society. Finally, he has published in scientific journals, peer review papers in the field of molecular physiology of exercise. He is actively involved in developing programs of Physical activity and sports development.

Govas Ioannis

Grand Master 8th DAN Taekwondo,

President of the Hellenic Association of private Athletic clubs (2010-today) and the Hellenic Association of Taekwondo (2017-today Member of the Hellenic Union of all athletic coaches association (2017-today) and founder and owner of the Taekwondo Club “Jaguar” (1986-today). He is an International Certified Examiner, to license Taekwondo levels of coaching, and Director to the certification schools of the Hellenic Taekwondo association organized by the Hellenic ministry of sports. Chief trainer of Martial Arts, at the Hellenic Navy « Seals» special forces (OYK) (1995-2004). Director of training programs of Hellenic Tae kwon do Poomsae (1990-2005). Instructor of Tae kwon do at City College (2007-2008 and 2013-2015). Organized a national program to promote Taek won do in school age youngsters and at the Diamantopoulou High School. Cofounder of the fitness promoting association in Greece (Institute of gr-active-wellness). Organizer of a national educational platform for promoting social, ethical and physical dimensions of Taekwondo.