



## LUKA KOVACEVIC CURRICULUM VITAE

### PERSONAL INFORMATION

Date of birth: 5 .03.1986

Hometown: Belgrade (Serbia), currently based in Phoenix , Arizona (USA)

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I am a physical preparation coach based in Phoenix, AZ. I would describe myself as constantly smiling and positive – highly dedicated, responsible and diligent person with high education and the real “on field” knowledge and experience. I really pay attention to technical details when it comes to drills, which is the main difference between top and average coaches. I am the “real fanatic” when it comes to sports training (highly motivated to work with athletes, and all types of clients in general – because I LOVE helping people to reach their goals).

Particular areas of interest are: Working on physical preparation of children and young athletes; Finding and removing all the weak links in the human body; Biomechanical principles related to injury prevention/reduction, rehabilitation, exercise execution technique and economy of human movement (functional anatomy and human biomechanics in general); Warm up and recovery techniques, etc.

In my leisure time, I like reading professional books and articles (I have read thousands from the most eminent USA and European strength and conditioning coaches). I also like reading sport psychology and nutrition books, as well as teaching younger colleagues.

### EDUCATION

#### **I passed 60 exams during my academic education (after high school)**

#### **2011-2013**

Master studies (section: sport and physical education) at University of Belgrade, Faculty of sport and physical education – Master degree. Average grade and overall success: 8.56 (eight and 56/100) – VERY GOOD. Title of Master’s thesis: “The influence of Volleyball techniques training on the change of general and specific motor abilities of girls, the school of Volleyball trainees”;

#### **2010-2011**

I passed 17 additional exams for physical education section, in order to be eligible to apply for master studies (Theory and Methodology of Basketball, T&M of Football – Soccer, T&M of Swimming and Water Polo, T&M of Martial Arts – Karate, Boxing, Wrestling and Judo, T&M of Dance, T&M of Handball, T&M of Track and Field, T&M of Sports Gymnastics 1, T&M of Sports Gymnastics 2, T&M of Rowing, Correction of Postural Deformities, T&M of Physical Education 1, T&M of Physical Education 2, Outdoor Activities, T&M of Skiing, T&M of Rhythmic Gymnastics, Elementary Games);

#### **2005-2010**

University of Belgrade, Faculty of sport and physical education (section: sport) – University degree. Average grade and overall success: 8.67 (eight and 67/100) – EXCELLENT. Title of graduate thesis: “Preparatory period of senior men’s Volleyball team “Obilić” Belgrade”. Besides that, I attended a lot of both strength & conditioning and volleyball seminars;

**2001-2005** High school for tourism, Belgrade, Serbia;

**1993-2001** Primary school "Ratko Mitrovic" ,Belgrade, Serbia.

## **WORK EXPERIENCE**

**Since June 2020** Online consulting, training and education , [www.prehabfocus.com](http://www.prehabfocus.com) & [www.microtraining.co](http://www.microtraining.co)

**January 2019-  
June 2020** I worked with the "Team China" ("A" National Short track speed skating team) as a Performance coach ("Beijing 2022" project);

**May 2017-April  
2018** I worked as a personal trainer at "Underground Fitness" (Phoenix, AZ);

**November 2016-  
January 2019** I worked as a personal physical preparation coach of youth football/soccer players (Phoenix, AZ);

**December 2016-  
May 2017** I worked as a personal trainer at "EoS Fitness" (Phoenix, AZ);

**In January 2016** During offseason: I was physically preparing two youth soccer players for the second half-season;

**n July 2015** I worked with Myanmar Football Federation and Myanmar senior National Football (Soccer) Team as a head strength and conditioning coach for almost four months. I was preparing Myanmar National team for matches against the best Asian National football (soccer) teams;

**May 2015** I worked as a coach of recreational Track and field club "Running" from Belgrade, with the aim of preparing for international half marathons;

**July 2014** During preseason period, I was engaged as a strength and conditioning coach of 3 youth selections of Handball club "S.K.B.G" from Belgrade, Serb

**March 2014** I've been employed at fitness center "Top Gym" where I worked as a personal trainer with all kinds/types of clients, including kids and athletes of all ages and success levels (I also performed professional training with new trainers). "Top Gym" is the best fitness center in Serbia – I gained a huge knowledge over there from the best strength and conditioning coaches in the country and beyond;

**2013-2014** I performed three-months professional practice (internship) with coaches of all younger selections, as well as with the head strength and conditioning senior team coach in Football (Soccer) club "Partizan" from Belgrade. "Partizan" is the best football (soccer) club in Serbia – I was learning from the best coaches in the country;

**2011-2013** I worked as a personal fitness trainer and children's swim instructor from time to time

**2000-2011** I practiced volleyball – one season at the Serbian highest level – the first professional league, where I played against National team level players (Serbian National volleyball team is among 5 World's best). I was well-known as a player with the highest vertical jump in the league, and one of the best players in my team with over 150 matches played at senior level

## **GREATEST ACHIEVEMENTS**

### **Short track speed skating National Chinese Team**

- 1. American Cup – Madison 2019** (6 golds medals)
- 2. XXIX Winter university – Krasnoyarsk 2019** (1 gold medal)
- 3. ISU World Junior short track speed skating championship – Montreal 2019** (1 gold medal)
- 4. Numerous gold medals from China & World cups**

## **OTHER PROFESSIONAL SKILLS**

- **U.S Soccer “F” holder**
- **UEFA “C” license holder**
- **Basic massage skills (Serbian certificate)**
- **First aid CPR/ AED – American Heart Association**
- **Knowledge of Microsoft Office**

## **LANGUAGES**

- **SERBIAN:** Native
- **ENGLISH:** Full professional proficiency
- **SPANISH:** Basic