

Curriculum Vitae

ALEXANDROS T. TSAKNAKIS

**ALPINE SKI COACH AND SKI SERVICEMAN,
MSc in ERGOSPYROMETRY School Of Medicine,
University of Thessaly – Greece**



Education:

- 2012 – University Degree and Ski Instructor – Coach Specialization from the National and Kapodistrian University of Athens, School of Physical Education and Sport Science.

Thesis Title: “Alpine Skier Injuries: the case of anterior cruciate ligament injury”

Grade: 10/10

- 2018 – MSc Degree from the University of Thessaly, School of Health Science, Faculty of Medicine, Interdepartmental Postgraduate Study Programme “Exercise, Ergospirometry and Rehabilitation”.

Thesis Title: Cardiorespiratory and Limb Muscular Strength Changes of Alpine Skiing Athletes, After Ten Days of Ski Training On An Altitude Of 3.250 Meters”

Grade: 10/10

Languages:

- Greek: Mother Tongue
- English: (2001) Diploma of certificate in English from the University of Cambridge.

Ski instructor Membership:

- 2012 - Member of International Ski Instructors Association (ongoing)

Achievements as a Ski Racer:

- Member of the Greek National Alpine Ski Team from 2004 until 2011.
- Greek champion 2008-2009 and podiums all the other years.
- Participated in EYOF 2003.
- Participated in WSCH 2009 and 2011.
- Participation in winter Universiade 2007 and 2011.
- Attained an Olympic scholarship from the international Olympic committee for “Vancouver 2010”.
- Best points in FIS: SL:**38** and GS:**57**.

Work experience:

- Summer 2011: Coach of the “Orsatus” ski racing team in Les Deux Alpes.
- 2011 – 2020: Head Coach of the “Volos” ,GR (hometown) Ski Club.
- 2014 until 2019 and 2022: National ski coach of the Greek Children alpine ski team for Trofeo Topolino and Abetone Sulgi Ski Cup.
- 2018-2019-2021 and 2023: National ski coach of the Greek Junior Alpine Ski team that participated in the World Junior Championships at Davos, Val di Fassa, Bansko and St.anton.
- 2011 – 2023: Participated as a coach to more than 8 International children ski races in Europe per year, such as Topolino, Abetone, Skofja Loka, Zagreb- Sljeme, Trofeo Borrufa.
- 2018 and 2019 (July until September): Selected by Treble Cone Race Academy (TCRA) based in New Zealand, to be one of the 10 coaches hired to train Elite athletes from all over the world and also cooperate with the Swedish and Austrian World cup technical teams during training time for ski slope preparations.
- 2019 (June): Coach of the Hong Kong National ski team

- 2022: Federal Coach of the Greek Winter Olympic Ski Team at Beijing 2022 escorting one of my athletes, Tsiovolou Maria Eleni, whom I have been training since the age of 9 years old.
- 2022-2023 Private ski Coach at APEX ski school academy(APEX is a ski school based in Tignes-France and is promoted by the FIS development Program)
- November 2020-2021-2022 Training with my ski academy at Kabdalis.
- November 2022 at Kabdalis Part of the Coaching Greek World cup Team (GRESKI),of GINNIS AJ.

Additional Information:

- Professional Ski-Serviceman, using a Trione machine.
- Head coach of greek athletes that participate at FIS Children Trophies around Europe having top 10 results every year.
- Owner of all the necessary equipment to provide quality ski training sessions
(Ski poles, drills, professional timer, cameras etc.)
- Founder of the alpine racing ski team entitled "Tsakas Racing Ski Camps", that organizes professional ski training sessions and camps all over the World.
- EU drivers license.
- Greek Nationality