

Sports Doctors  
Physiotherapists  
Osteopaths  
Orthopaedic Consultants  
Performance Coaches  
Massage Therapists  
Nutritional Therapists  
Sports Podiatrists  
Pilates  
Yoga



## Dan Bernardin

### Performance Coach

*'I chose to be a performance coach to push the boundaries of athletic potential and discover the most optimal means of performing better.'*

Dan has qualifications in both Sports Massage and Strength and Conditioning, gaining a Masters in Strength and Conditioning in 2011. One of his career highlights involves travelling with a UK Athletics squad of sprinters and hurdlers for their warm weather training camp in Orlando, Florida in 2011. Here they joined with the American sprinting squad, which included the world's second fastest man, Tyson Gay.

Dan particularly enjoys working with sprinters and footballers, and himself trains as an Olympic Weightlifter. He is interested in power development and injury prevention, and appreciates both the theoretical and practical elements of taking an individual from an injured state to their full athletic potential.



For further information or to book an appointment, please call 08447 700 800.

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