

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



David Smith Performance Coach

'Witnessing people, elite or everyday, achieve their goals; be it to run a personal best, recover from injury, or just to feel healthier, is what gets me out of bed everyday raring to go.'

Dave has a Diploma in Fitness as an Exercise Specialist, is a certified Australian Weightlifting Federation coach and a UKSCA accredited member. Dave has previously worked as a trainer for the Australian Institute of Sport (AIS). Here, he worked with a range of clients, from the elderly in rehabilitation and mobility, through to top grade Rugby and Australian Rules Football Teams. He has also assisted with the Strength and Conditioning of the Guinness Premiership Rugby Team, Worcester Warriors, and trained Ainslie Football Club junior squad; seeing them win the Premiership.

Dave is particularly interested in working alongside Physiotherapists in High End Rehabilitation, Strength and Conditioning training for those returning to sport, Olympic Lifting and power training. Dave enjoys seeing the positive change in clients and athletes as he works with them to help them achieve their goals.



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

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