



Vaibhav Pawar

Sports Director

Contact

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Skills

Teamwork and
Collaboration

:

Goal Setting

:

Class Management

:

Talent Identification

:

Coaching experience

:

Hardworking and passionate with strong teaching, coaching and organizational skills. Demonstrated ability to motivate and inspire students. Eager to learn new things for new challenges. Committed to fostering a positive and safe learning environment for all students. Ready to help team achieve institute goals.

Work History

2023-06 to

Sports Director (Degree College)

Currently working

[N. K. T. T. College \(Autonomous\), Thane](#)

2023-07 to

Physical education teacher

2024-05

[B. K. Birla College \(Empowered Autonomous Status\)](#)

- Help students and staff set and achieve health and wellness goals.
- Classroom teaching.
- Develop and implement comprehensive fitness and wellness programs to promote healthy lifestyles.
- Improved database management system.
- Coordinate logistics for team travel arrangements, including transportation, accommodations, meals, and itineraries during competitions or tournaments.
- Oversaw facility maintenance efforts to guarantee safe playing conditions for all participants in our athletic programs.
- Elevated athletic program performance by implementing comprehensive training and practice schedules.
- Provides individualized fitness assessments, program designs and nutrition counseling services.
- Collaboration with coaching staff to develop game plans and strategies tailored to individual team strengths and weaknesses.

2021-03 -

2023-03

Strength and Conditioning Coach (Sports science team)

Languages

English, Hindi, Marathi:

Sports Authority of India, NCOE Aurangabad, India

- Attached with National Camp- Para Archery team of India.
- Worked with national and more than 20 international players to improve their performance at greater level. Provided high performance training plan to Youth World championship gold medalist Boxer and many Fencing players who are in top ranking of India and international medalist.
- Worked as support staff for fitness assessments during NCOE players induction process for discipline of Hockey, Gymnastics, Archery and Kabaddi.
- Implemented sport-specific conditioning drills to improve athletic capabilities in various team sports.
- Started use of technology like force plates, HR monitors and software like AMS.
- Have set up well equipped Strength and Conditioning training centre.
- Conducted staff meeting regularly to evaluate performance of athletes and to make solid training system.
- Developed relationships with coaches, other stakeholders and athletes to provide ongoing support and encouragement.
- Developed and delivered presentations to educate players, coaches and other stakeholders on topics related to strength and conditioning.

2019-05 -
2020-02

Strength and Conditioning Coach

B. K. Birla College (Empowered Autonomous Status)

- Developed comprehensive warm-up routines tailored to specific sports requirements for optimal preparation before practices or competitions.
- Enhanced athlete performance by designing and implementing customized strength and conditioning programs.
- Established base of Strength and Conditioning in institute.

2019-05 -
2019-09

Assistant Strength and Conditioning Coach

BOYZ Cricket Club, Dombivli

- Assisted in monitoring of 50 athlete progress, making necessary adjustments for optimal performance results.
- Assisted in coordination of training schedules.
- Implemented functional movement assessments to identify potential areas of weakness or imbalance, addressing them through corrective exercise programming.
- Organized off-season conditioning programs to maintain fitness levels and minimize risk of injury when returning to competitive play.
- Collaborated with coaching staff to develop individualized training plans, aligning with overall team goals and objectives.

Education

2024

Master of Physical Education

RTMN University, Nagpur - Nagpur, India

2021

Bachelor of Physical Education

Shivaji University - Kolhapur, India

2019

Master of Arts: Business Economics

University of Mumbai - Mumbai, India

2017

Bachelor of Commerce: Accounting and Finance

University of Mumbai - Mumbai, India

Additional Information

Skill coach:

- Coach for the Archery team of University of Mumbai in All India University Championship- from 2019 to 2023.
- Thane District coach for state level Archery championships from 2017 till now.
- Archery coach at B. K. Birla College from 2017.
- As Archery coach - Many State level and National level players and medalist.

Workshops/ seminars/ webinars:

- Resource person for the webinar conducted by Sports Authority of India for the topic- "Strength and Conditioning for Archery" (2021).
- Resource person for the Maharashtra State Level one coaches level one certification program for the topic- "Strength and Conditioning" (2022).
- Resource person for District Sports Office sports teachers workshop organized at Century Rayon School, Shahad for the topic- "Strength and conditioning" and "Archery" (2023).

Other experience:

- Team manager- University of Mumbai Rugby Men's team in All India University Championship 2023-24. (Secured 3rd position)
- Team manager- Thane Zone Softball team for University of Mumbai Inter Zonal Softball Championship 2023-24. (Secured 3rd position)
- Conducted DSO level tournaments for Kalyan Dombivli Municipal Corporation 2023. (Rugby, Archery, Netball, Cycling, Boxing)
- Worked as a competition director in University of Mumbai Inter collegiate and Inter Zonal tournaments. (2019 to 2023)
- Worked as a member of organizing team for University of Mumbai Inter Collegiate and Inter Zonal Tournaments 2023 (Volleyball, Archery, Gymnastics, Water polo, Cross country, Marathon, Cycling, Archery) and West Zone Tennis Tournament 2023.

Online certifications:

- World Rugby Strength and Conditioning Pre-Level 1 & 2
- Clinical Athlete – Pain Science & what you need to Know
- Exos – Absolute Speed
- Setanta College – Setanta Conditioning
- Health Science Academy (UK) – Starter Nutrition course
- NFHS - Sport Nutrition
- British Nutrition Foundation – A matter of fat
- Athlete 365 (International Olympic Committee) – Exercise Physiology: The Body in Motion

Accreditations/ Certification

- **Australian Strength and conditioning Association- Accredited strength and conditioning coach**
 - **SAI NSNIS certificate course – Archery (A grade)**
 - **Certified national level coach – Archery Association of India (A grade)**
 - Thane District Technical Official- Athletics
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Sports Achievements

- Senior National Gold Medalist in Indoor Archery Championship 2018-2019
- All India University Archery Championship 2015 -16, 2016 - 17 & 2017 -18
- Qualified for world University trial in Archery 2016 -17
- School games State level Archery Championship 2008, 2009 & 2013
- Federation State level Archery Championship 2008, 2009 & 2017
- U19 Ball badminton School National Selection trial
- Ball badminton Sate Level Championship (Qualified for National)

Personal Information

- Date of Birth: 10/27/96
 - Gender: Male
 - Nationality: Indian
 - Marital Status: Single
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Disclaimer

I hereby declare that all the statements made above are True, Complete and correct to the Best of my Knowledge and Belief.

