



# BOGDAN AXINTE

Performance Coach

## About Me

Helping athletes currently training for competitions that don't know yet what training regimen works best to perform at their highest level by creating personalized physical, nutritional, and psychological plans to perform at their best.

## Contact Details

### LinkedIn

Bogdan Axinte

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## Profile

Performance Coach with 4+ years of experience, passionate about working with athletes and teams to develop their competitive advantage using the newest science-driven methods proven in the highly competitive racing environment.

I bring my extensive knowledge and expertise from working with numerous motorsport athletes of all ages and experience, from amateurs to elite riders, with a presence in the FIM Superbike World Championship. I supported the rapid development of young riders with the least amount of experience in the championship that became the title and public favorites allowing the team to attract sponsorship deals.

## Core Competencies

- Excellent Communication
- Awareness
- Accountability
- Empathy
- Active Listening
- Team Working
- Leadership
- Health & Safety
- Motivational
- Interpersonal
- Nutrition
- Talent Development
- Physical Training
- Recovery
- Excellent decision making

## Professional Experience

Performance Coach – Young Athletes (11 to 18 years old)

MTS Motorsport

March 2021 - October 2022

**Achievements:** Developed self-confidence and the ability to make good decisions under high-pressure racing conditions in riders. Ensured appropriate weight (losing up to 15kg in some cases) during the season. Effectively support the young athletes to the highest point in the championship.

- **Strength and conditioning:** implemented an in-depth training foundation emphasizing fitness components essential for enhancing sport and riding performance.
- **Nutritional counseling:** built a robust understanding of general nutrition and sports nutrition for younger athletes focusing on improving riding performance through workshops, practical examples, and closely working with their parents.
- **Psychological support:** developed self-confidence and helped athletes manage stress factors like media and sponsor obligation, school-training-life balance, emotions, and higher expectations from the team.
- **Recovery:** reduced injury risk and decreased performance by ensuring quality sleep, proper hydration levels, and active recovery.

- **Rehabilitation:** ensured the fastest recovery time on an athlete's collar bone fracture using appropriate brace time and specific shoulder exercises.
- **Team-working:** established a solid relationship with team members and other external parties to ensure an environment that facilitates peak performance for the athletes.
- **Talent development:** created individualized personal growth plans based on athlete strengths, weaknesses, background, and character, continuously emphasizing their resilience when faced with new barriers also nurturing a growth mindset.

### Performance Coach – Adult Athletes

MTS Motorsport

February 2021 - October 2022

**Achievements: Successfully recover athletes from ankle, shoulder, back, and knee injuries quickly. Guarantee riders optimal performance with efficient recovery protocols in very hot conditions and highly demanding physical race tracks (Serres, Greece). Helped riders to cope with pressure specific to the highly competitive racing environment and de-motivation phases. Ensured the full potential of the human factor in the athlete is achieved and maintained during the racing season.**

- **Strength and conditioning:** designed and implemented strength and conditioning programmes based on athletes' needs, emphasizing the motorsport unique demands on fitness components for in-season, off-season, and pre-season.
- **Psychological guidance:** worked on identifying athletes' mental strengths and weaknesses and addressing specific needs through counselling, protocols, and workshops.
- **Nutritional counselling:** developed individualised nutrition plans tailored to athletes' needs to ensure performance, delivered workshops, and monitored their progress.
- **Recovery:** monitored the load accumulating from different stressors during the competitive season and ensured optimal mental, physical and nutritional protocols for recovery.
- **Rehabilitation:** examining, diagnosing, and implementing an individualized treatment plan, physical and mental, in collaboration with medical staff.
- **Communication:** listened to athlete's and other staff members' feedback on the previous session and asked questions to understand what the best course of action is needed.
- **Leadership:** responsibility for managing the athlete's schedule and prioritising the tasks necessary to ensure an optimal environment for performance.

## Education

University of Birmingham, UK

Sept 2016 – January 2020

Modules studied include Applied Anatomy, Research for Sport, Fitness Training I, Fitness training II, Academic Research, Sport Psychology, Sports Nutrition, Sports Coaching, Industrial and Personal Development, Sport Psychology II, Research for Sport, Sports Marketing, Work Based Learning, Applied Fitness Training and Programming.

## Qualifications

- Level 3 Personal trainer
- Level 5 Nutritional Therapist, Health Science Academy
- Mental Health Awareness for Sport and Physical Activity, UK Coaching
- Formula 1 Series, Clinical Physio (Bradley Scanes)
- Sports Series: Ankle Ligament Injuries, Clinical Physio (Bradley Scanes)
- Strength and Conditioning Specialist, NSCA (on-going)