

PERSONAL INFORMATIONS

Surname/Name KANARAS, VASILEIOS
Address Karidies 14, 57010, Hortiatis- Thessaloniki, Greece
Phone number 2310-349660, +306998100595
Email **vasiliskanaras8@gmail.com**
Date of birth 10th October 1986

EDUCATION AND TRAINING

2004-2008 Bachelor degree of Department of Physical Education and Sports Science of Thessaloniki
2008-2011 Master degree with the title ‘‘**Kinesiology**’’ of Department of Physical Education and Sports Science of Thessaloniki
May of 2011 Coaching diploma **UEFA A** of Hellenic Football Federation
January- June of 2016 Diploma with the title ‘‘**Corrective Exercise Specialist**’’ of National Academy of Sports Medicine (NASM)
October of 2018 Diploma **Lets Bands Coach** of Lets Bands sports company
March of 2019 PhD candidate of Department of Physical Education and Sports Science of Thessaloniki

JOB EXPERIENCE

- Dates (from-to) **2006-2007**, coach in <<Champions>> academy
- 2007-2012**, soccer coach in <<A.O.Leontes>> academy
- 2011-2012**, soccer coach in PAOK women football
- 2012 -2013**, soccer coach in U10 of PAOK FC
- 2013-2014**, soccer coach in U11 and strength coach in U13 and U14 of PAOK FC
- 2014-2015**, soccer coach in U12 and assistant and fitness coach in U15 of PAOK FC
- 2015-2016**, soccer coach in U13 of PAOK FC
- Until December of 2016**, soccer coach in U14 of PAOK FC
- From December of 2016 until now**, strength and conditioning coach and rehabilitation coach in 1st team of PAOK FC
- 2012-2016**, Soccer teacher in American Farm School in Thessaloniki
- Name and Address of employer PAOK FC, MIKRAS ASIAS 1, Toumpa Stadium, 54351
- Kind of company Football Club
- Position of employment Soccer coach in youth academy, Fitness coach, Prevention and rehabilitation coach

PERSONAL SKILLS

First Language	GREEK	
Others Languages	ENGLISH,	SPANISH
• Reading	VERY GOOD	GOOD
• Writing	VERY GOOD	GOOD
• Speaking	VERY GOOD	GOOD

Social skills

- SOCCER PLAYER 2003- 2010,

FOOTBALL CLUBS:

AMS PANORAMA 1st division of EPSM(Association of football clubs of Macedonia), 2003-2004

PAOD 1st division of EPSM(Association of football clubs of Macedonia), 2004-2006

PAOD 4th division of Greek National League 2006-2008

AE Filyro 1st division of EPSM(Association of football clubs of Macedonia) , 2008-2009

Eleftheriakos 1st division of EPSM(Association of football clubs of Macedonia) , 2009- 2010

University football team A.U.TH (2nd position in Greek league of Universities)

- Partner in Balkan tournament of company with the name ''ATHLORGANOSI'' in Thessaloniki, June of 2005 and 2006

- Partner in soccer camp '' Borrass camp'' of company ''PSOMIADIS-ATHLORGANOSI'' in Pella, June of 2011 and 2012

- Partner in soccer tournament'' Salonica cup'' of company ''PSOMIADIS - ATHLORGANOSI'' in Thessaloniki, June of 2011 and 2012

- Partner-member of Exercise Physiology laboratory of Department of Physical Education and Sports Science of Thessaloniki

TECHNICAL SKILLS

COMPUTER SKILLS

ISOKINETIC DYNAMOMETER OF "CYBEX" COMPANY

GPS ANALYSIS OF "STATS SPORTS" COMPANY

ADDITIONAL INFORMATIONS

PROFESSIONAL SUCCESSES

1ST POSITION IN GREEK YOUTH SUPERLEAGUE IN SEASON 2014-2015 WITH THE U15 TEAM OF PAOK F.C.

1ST POSITION IN GREEK CUP 2016-2017 WITH THE 1ST TEAM OF PAOK F.C.

1ST POSITION IN GREEK CUP 2017-2018 WITH THE 1ST TEAM OF PAOK F.C.

1ST POSITION IN GREEK SUPERLEAGUE 2018-2019 WITH THE 1ST TEAM OF PAOK F.C.

1ST POSITION IN GREEK CUP 2018-2019 WITH THE 1ST TEAM OF PAOK F.C.

ANNOUNCEMENTS IN CONFERENCES

<<EVALUATION OF SPEED WITH AND WITHOUT BALL ON FIELD IN SOCCER YOUTH PLAYERS : APPLICATION OF ONE HIGH INTENSITY PROTOCOL>>, 4^O INTERNATIONAL CONFERENCE "SPORTS MEDICINE IN 21TH CENTURY", THESSALONIKI, 30 OF NOVEMBRE- 2 OF DECEMBRE 2007

<< EVALUATION OF SPEED WITH AND WITHOUT BALL ON FIELD IN SOCCER YOUTH PLAYERS >>, 4^O INTERNATIONAL CONFERENCE "SPORTS MEDICINE IN 21TH CENTURY", THESSALONIKI, 30 OF NOVEMBRE- 2 OF DECEMBRE 2007

<<FUNCTIONAL STRENGTHENING FOR GROIN PAIN IN FOOTBALL>> 1ST MEDICAL CONFERENCE BY PAOK FC, THESSALONIKI, 13TH -15TH JUNE 2019

PUBLICATIONS IN GREEK AND INTERNATIONAL MAGAZINES

The Effect of Natural and Artificial Grass on Sprinting Performance in Young Soccer Players Am Journal of Sports Science, January 2014, Vol.2 , No. 1, Pages: 1-4]