

DAVID WITILUK

BACKGROUND:

- Sports and physical activity have played a significant role in my life from being an athlete, a student and a coach.
- I enjoy a variety of activities including running, cycling, hockey, ultimate frisbee, squash, tennis, badminton and volleyball.
- My primary sport through university was cross country running and indoor track.
- I struggled with injuries and commitment during my first year. Making a stronger commitment to my training I started to better manage my injuries through athletic therapy, exercise rehabilitation, regular cold tubs and post workout nutrition.
- With improved commitment and performance I also became team captain for my 3rd, 4th and 5th year.
- Training for me has changed over the years from managing injuries, to enhancing performance to now maintaining an active lifestyle. This involves doing exercises I do not really like so that I can do the things I love!

EXPERIENCE AND PERSONAL ACCOMPLISHMENTS:

- 2008-2012 assistant coach for Lakehead Athletic Club Track FUNDamentals
- 2011 Walk Leader for a walking program with 55+ Center
- 2012-present: Kinesiologist for Ottawa Osteopathy & Sports Therapy
- 2013-present: 5K training for Alive to Strive Kidney Fitness Project
- 2014-present: Kinesiologist for Fitness For Freedom

CERTIFICATIONS AND QUALIFICATIONS:

- Registered Kinesiologist with the College of Kinesiologists of Ontario
- Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association

PERSONAL COACHING AND TRAINING PHILOSOPHIES:

- *"There is no such thing as an over-trained athlete, just one that is under-recovered"* - Jack Daniels, PhD
- Recovery was a very important part of my training and as a coach I work towards finding a balance between pushing an athletes limits while understanding there are times to pull back.
- I also strongly believe in the power of play for youth development, this can involve obstacle courses, relay races and playing different games.

EDUCATION:

- 2012 Master of Science in Kinesiology – Lakehead University

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- 2009 Honours Bachelor of Kinesiology – Lakehead University

ATHLETIC ACCOMPLISHMENTS/ PERSONAL BESTS:

- Competed at OUA championships for cross country in 2006, 2007, 2008 and 2009
- Personal best for 10K is 32:52
- Competed at OUA championships for indoor track in 2008, 2009 and 2010
- Personal bests: 3K = 9:00, 1 Mile = 4:26, 1500M = 4:06 and 800M = 1:59