

Andreas Tofarides

Date of Birth: 30/05/1989

Contact Information:

- Email: ttofas-zx-@hotmail.com

Professional Summary Results-driven tennis professional with 12 years of experience in coaching, training, and developing athletes. Specialized in Physical Education and Science with a focus on tennis, dedicated to improving player performance and fostering a love for the sport.

Work Experience Head Coach, Herodotou Tennis Academy

- 2016 - Present
- Developed comprehensive training programs for athletes of all levels.
- Coached players to achieve personal bests and competitive success.
- Conducted individual and group lessons to improve technical skills and strategic understanding of the game.
- Organized and managed local tennis tournaments and events.

Coach and Fitness Coach, Athletic Government School, Vergina, Larnaca, Cyprus

- Vergina, Larnaca, Cyprus
- 2016 - Present
- Implemented fitness and conditioning programs to enhance athletes' performance.
- Provided individualized coaching to develop players' skills and techniques.

Travel Coach with National Team (U12, U14, U16, U18 Boys and Girls)

- Traveled with national team athletes to various national and international events.
- Provided on-site coaching and support during matches.
- Assisted athletes with pre-match preparation and post-match analysis.
- Managed logistics for travel, accommodations, and training schedules.
- Contributed to team strategy and development, leading to improved performances in competitions.

Coach, AMKE (Small States of Europe Competition)

- Montenegro and Malta
- Coached athletes representing small states in Europe.
- Focused on improving technical skills and match strategies.
- Managed logistics and provided support during competitions.

Coach, Common Youth Olympics

- Coached and supported youth athletes in preparation for and during the Common Youth Olympics.
- Focused on both technical skills and mental preparation to enhance performance.
- Organized team activities and managed logistics for the event.

Education Bachelor's in Physical Education and Science with a Specialty in Tennis at National and Kapodistrian University of Athens

- Athens, Greece

Skills

- **Technical Skills:** Advanced knowledge of tennis techniques, drills, and training methods.
- **Coaching Skills:** Effective communication, individualized training plans, and player motivation.
- **Soft Skills:** Strong leadership, team collaboration, and problem-solving abilities.

Certifications and Training

- **ITF Level 1 Coaching Diploma, International Tennis Federation**
- **ITF Level 2 Coaching Diploma, International Tennis Federation**

Languages

- Greek: Native
- English: Fluent

Hobbies and Interests

- Playing tennis
- Padel
- Beach tennis
- Football
- Fitness

Young career

Member of a national team at the age of u12 u14 u16 u18