

Cedric Demaerschalk



Profile

Passionate and ambitious sport physiotherapist and physical coach in soccer. Specialized in sport specific strength training with a special interest in soccer. Highly valuing an evidence based approach and lifelong learning. Always up for a challenge!

Personal Skills

- Critical person
- Strong decision maker
- Complex problem solver
- Perfectionist
- Flexible
- Innovative
- Positive thinker
- Team player

Contact

Address:

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Languages

Dutch – C2
French – C1
English – C1
German – B1

Experience Summary

- Independent sport physiotherapist
- Sport physio, physical- and performance coach
- Docent for Sport Vlaanderen
- Soccer Player & Youth Coach

Education

- Master of sport physiotherapy and movement sciences, graduated with honors - **Free University of Brussels - (2013 – 2018)**
- Physical coach 1 and 2 in soccer - **Voetbal Vlaanderen - (2020 – 2021)**
- Multiple congresses and workshops - **Isokinetic sports congress in soccer at camp nou, OHL youth academy, Club Next,... (2018 -)**

Certifications

- First aid- and taping and bandaging certification
- Dry needling (top 30 muscles)

Soccer and sports specific experience

- 2021 - ... **Docent** - Sport Vlaanderen, VTS
 - ✓ Trainer A formation - Conditional aspects of sport at a high level
- 2020 - ... **Webinar lead** – Sport Vlaanderen, VTS, Voetbal Vlaanderen
 - ✓ Further training for Physical coach level 2 and UEFA B students about soccer specific strength (Voetbal Vlaanderen) (2019)
 - ✓ ‘Day of the trainer’ - Sport specific and functional strength (2020)
 - ✓ ‘VTS plus marathon - Sport specific and functional strength, flexibility and strength in children (2021)
 - ✓ ‘VTS extra training’ – Sport specific strength (22/06/2021)
- 2019 - ... **Sport physio, physical- and performance coach** - Tempo Overijse
 - ✓ First team
- 2019 **Workshop lead** - Voetbal Vlaanderen
 - ✓ Soccer strength and conditioning
- 2018 - ... **Independent sport physiotherapist** - Kine coach Sterrebeek
 - ✓ Private practice focused on sport- and soccer specific strengthening and rehab
- 2019 **Head soccer coach** - ERC Hoeilaart
 - ✓ First team
- 2019 **Assitant soccer coach, physical coach and sport physio** - ERC Hoeilaart
 - ✓ First team
- 2018 **Sport physiotherapist and physical coach** - ERC Hoeilaart
 - ✓ First team
- 2013 - 2015 **Youth soccer coach** - ERC Hoeilaart
 - ✓ U13 - U15
 - ✓ Soccer camps
- 2000 - 2018 **Soccer player** - ERC Hoeilaart
 - ✓ U6 - First team (2013 - 2018)