

## Krzysztof Guzowski , PT, PhD



**physiotherapist, tennis coach**

- **Owner of EASY Clinic** in Warsaw- a modern center for orthopedics, rehabilitation and training, where he establishes and implements state-of-the-art **treatment algorithms**
- Dr Guzowski specializes in the **prevention and treatment of sports injuries**, with particular emphasis on **tennis**.
- **Health care provider for tennis players as EASY Clinic team** - thoroughly examining and educating competitors, recording individual medical parameters, optimizing treatment, training, recovery and tennis technique (Iga **Świątek** WTA #1, Tomasz **Berkiet**a ITF junior #6, Agnieszka **Radwańska** former WTA #2 and many others use services of the clinic)
- Long-time **personal physiotherapist** of Agnieszka **Radwańska** (2013-2019) and the Polish **Davis Cup** and **Fed Cup** teams (2011-2016), previously worked with Karolina **Woźniacka**, Łukasz **Kubot**, Jerzy **Janowicz**, Mariusz **Fyrstenberg** and Marcin **Matkowski**
- **Member of the Medical Mission** of the Polish **Olympic Team** at the XXX Olympic Games in **London 2012** and the XXXI Olympic Games in **Rio de Janeiro 2016**
- **President of the Sport Support foundation**, which promotes physical activity and health
- **Lecturer** at the **Medical University of Warsaw** – faculty of examination and physiotherapy of the musculoskeletal system (2019-2022)

- **Expert** in physiotherapy at the **Polish Tennis Association** (2011-2020) – built a whole system of educating tennis coaches and established standards of care of top ranked junior and professional senior tennis players in Poland; examined hundreds of U10, U12, U14, U16, U18 and senior tennis players during Polish Tennis Association sports camps
- Former **board member** of the **JW Tennis Support Foundation**, which promoted tennis and supports young athletes
- **Author and lecturer** of the training "**Systemic approach to prevention in tennis**" under the patronage of the Polish Tennis Association dedicated to tennis coaches and physiotherapists
- **Author and lecturer** of the training "**Differential examination of the musculoskeletal system**" dedicated to physicians
- **Author and lecturer** of the training "**Medical training**" dedicated to physiotherapists and fitness coaches
- **Licensed Instructor in Tennis** (Polish eligibility) and **PTR Professional** - worked with junior tennis players as a tennis coach at an international level (2004-2008)

## **Olga Surała PhD Eng**

**sport dietician**

**lecturer** in Institute of Sport – National Research Institute in Warsaw, Poland

Profesional and scientific experience

- **Cooperation with athletes of polish national team , including olympic games, world and european championships medalists (cycling, swimming, fencing, speed skating, kayaking**
- **Dietician of polish women kayaking national team (from 2022)**
- **Lecturer of** Physiology and Basics of Nutrition at Warsaw University of Life Science and Cardinal Stefan Wyszyński University (2017-2020)
- **Lecturer in** Akademia Trenerska; coaching for trainers, cooperation with polish sports societies (from 2017)

- **The author of** different publication on sport dietetics and physiology of nutrition
- **The member of scientific team of Polish Anti-Doping Agency (POLADA)** (from 2023)

## **Michał Starczewski PhD**

**academic lecturer**

**researcher**

**at the Department of Fundamentals of Physiotherapy, Józef Piłsudski University of Physical Education in Warsaw**

- **Coach and coordinator** of the National Para-Canoeing Team, with a career crowned by two Paralympic medals in the Rio 2016 Paralympic Games (2013-2017)
- **Cooperation**, for almost 15 years, with athletes of polish national Olympic and Paralympic disciplines. He was implementing new solutions into coaching practice in order to increase the effectiveness of training, especially in Paralympic sports
- **Author** of over 40 scientific papers on applied sport sciences in high-performances sports
- **Recently**, he has also begun research in the area of preventing non-contact injuries, combining biomechanical, functional and imaging studies using ultrasound and MRI. One of the latest projects implemented in this area is "**Astro Performance (Mollis Textus)**", which was selected as one of 13 to be conducted by Polish astronaut Sławosz Uznański Wiśniewski during the Axiom-4 mission