



Piotr Żeromski

Sport Physiotherapist

Strength & Conditioning
Coach

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Languages:

Polish -Native

English – Fluent

Spanish- Basic

Skills:

Driving Licence

Education:

- **Masters Degree-** Physical Therapy at Academy of Physical Education in Cracow

Experience:

- **Strength & Conditioning Coach/Physiotherapist/RTP Specialist-** RKS Raków Częstochowa (Professional Men's Football Team – PKO Ekstraklasa/UEFA Conference League)
- **23/24 Season- Head Physiotherapist and Head Strength & Conditioning Coach** at Exact Systems Hemarpol Częstochowa (Professional Men's Volleyball Team- Plus Liga)
- **21/22, 22/23 Season- Head Physiotherapist and Head Strength & Conditioning Coach** at BC Polkowice (Professional Women Basketball Team- Euroleague Women, Euro Cup Women, Energa Basket Liga Kobiet)
- **2022 Season- Physiotherapist and Head Strength & Conditioning Coach** at Women 3x3 Basketball National Team
- **2020 till now- Co-owner, Physiotherapist and Strength & Conditioning Coach** at Next Generation Performance Kraków (Sports Medicine and Strength & Conditioning Facility)
- **19/20 Season- Head Physiotherapist** at Wisła Can Pack (Professional Women Basketball Team- Energa Basket Liga Kobiet)
- **June 2020- July 2020- Physical Therapist** at Juvenia Kraków (Professional Rugby Team- Internship)
- **2019-2020- Physiotherapist, Strength & Conditioning Coach** at Forum Treningu- Sports Medicine and Strength & Conditioning Facility
- **2016-2019- Head Physical Therapist** at AZS Politechnika Korona Kraków- Professional Women Basketball Team (Polish 1st Division)
- **2017-2019- Physiotherapist** at Reha-Med, General Physiotherapy Clinic
- **May 2017- October 2017- Physiotherapist** at Bona Med- Geriatric Facility

Courses/Certificates:

- **Fascial Manipulation by Stecco**
- **FDM**
- **HVLA-** High Velocity Low Amplitude Manipulation

- **Ultrasound in MSK**
- **Dry Needling**
- **EPTE-** Therapeutic Percutaneous Electrolysis
- **NMP-** Percutaneous Neuromodulation
- **Osteopathic Techniques-** Shoulder, Hip, Ankle, Knee
- **ASCA Level 1**
- **NSCA Level 1**
- **Jordan Strength-** Force Plate Assessment
- **Barcelona Innovation Hub-** Strength Training- From Rehabilitation to Performance, Strength & Conditioning- Optimization in Basketball
- **Postural Respiration-** Breathing Assessment – Postural Restoration Institute
- **Train Smarter and Harder-** Tim Gabbet
- **Functional Biomechanics-** Foot/Ankle, Knee, Hip/Pelvis
- **Osteopathic Approach to Sports Physiotherapy**
- **Complete Sports Manual Therapy**
- **FMS Assessment**
- **Medical Taping**
- **Injury Prevention Seminar-** Teddy Wilsey PhD
- **Absolute Speed-** Exos
- **Functional Anatomy and Palpation**
- **Sport Horizon-** Data Analysis
- **Catapult Sports-** GPS Data Analysis
- **Football Athletics Conference 2025**
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Achievements:

- **2024/2025 vice-Champion-** Raków Częstochowa- PKO Ekstraklasa
- **2025/2026-** Qualification to the UEFA Conference League Knock Out Stage
- **2022 Polish Women Basketball League Championship-** BC Polkowice
- **2022, 2023 Polish Cup Winner-** BC Polkowice
- **2022, 2023 Polish Super Cup Winner-** BC Polkowice
- **2022 Europe Cup Bronze Medal Winner-** Polish National 3x3 team
- **2023 Polish Women Basketball League Vice-Championship-** BC Polkowice
- **Final 8 Euro Cup Women 2021/2022-** BC Polkowice
- **5th Seed In Euroleague Women 2022/2023-** BC Polkowice
- **2016/2017 Polish Bronze Medal Winner-** AZS Politechnika Korona Kraków

Equipment:

- **Hawkin Dynamics Force Plate Dual Set**
- **Sono Scape E2- Ultrasonography**
- **EPTE 2- Therapeutic Percutaneous Electrolysis**
- **2x Vitruve Encoder- VBT**