



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 Hemapol 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 Wista 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**

Ultrtrasound in MSK

- **Dry Needling**
- **EPTE- Therapeutic Percutaneous Elecrolysis**

- **NMP- Precutaneus 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

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 Precutaneus Elecrolysis**

- **2x Vitrue Encoder- VBT**