



MICHAEL EGLON

PHYSICAL PERFORMANCE COACH

1, RIBBLESDALE ROAD, LONDON, SW16 6SF

PROFILE

I am a performance coach with 5-years' experience working at first-team level in the English Premier League. I have operated within various roles during my career, which has allowed me to develop a well-rounded knowledge and skill-set regarding sports-science support at the elite-level. I am a diligent worker when working individually, and strive to be a key contributor when working in a team. I am dedicated to my personal development, and endeavor to become a leading practitioner within the field.

ADDITIONAL QUALIFICATIONS

UKSCA – Completed 3 out of 4 parts of the accreditation process.

ALTIS – Currently completing the “Need for Speed” course.

EDUCATION



MSc STRENGTH & CONDITIONING • 2017 – 2020 • ST. MARY'S UNIVERSITY TWICKENHAM

Classification: Distinction.

Dissertation: The influence of physical load and contextual variables on measures of post-match fatigue in elite-level soccer players.



BSc SPORT AND EXERCISE SCIENCE • 2011 – 2014 • LEEDS BECKETT UNIVERSITY

Classification: First Class Honors.

Dissertation: Investigating whether single and multi-joint isometric strength assessments can be valid predictors of dynamic performance.

EXPERIENCE



CRYSTAL PALACE F.C.

JULY 2015 – TO PRESENT • 5 YEARS

LINE MANAGERS: DR. ZAFAR IQBAL & SCOTT GUYETT

**FIRST TEAM REHABILITATION COACH
OCT 2018 – PRESENT**

- Plan and deliver all pitch and gym-based rehabilitation sessions for the first team players.
- Maintain comprehensive records of all pitch and gym-based rehabilitation sessions.
- Produce detailed monthly and seasonal injury reports to medical and sport-science staff as part of department performance audit.
- Chair and schedule rehabilitation meetings to provide an update to sport science and medical staff on players in rehabilitation.
- Assist the S&C department with delivery of pre-activation, warm-ups, and post-training sessions for first team players.



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BRITISH WEIGHTLIFTING –

Level 1, Assistant
Weightlifting Coach
certification.

PERSONAL TRAINING – Active
IQ Level 3 Diploma in Fitness
Instructing and Personal
Training.

FA – Futsal Level 1, FA
Coaching Level 1, First Aid,
Safeguarding Children.

SKILLS

- Highly computer literate.
Data management and
analysis.
- Communication skills
within a range of
demographics.
- Full UK driving license.

REFERENCES

SCOTT GUYETT

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HEAD OF SPORT SCIENCE
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- Continually to seek ways to innovate and improve current
rehabilitation processes.

FIRST TEAM ASSISTANT STRENGTH AND CONDITIONING COACH

JUNE 2018 – SEPT 2018 • 3 MONTHS

- Assist the lead S&C coach with the planning and delivery of pre-
activation, strength and power, and off-feet conditioning
sessions for first team players.
- Lead on the design of an automated load monitoring system in
order to maintain comprehensive records of gym-based loading.
- Assist the medical staff with the programming and delivery of
pitch-based rehabilitation sessions.
- Produce long-term (bi-annual/seasonal) reports using training
and injury data in conjunction with other medical and sport
science staff and feedback to head of sport science and head of
medical.

FIRST TEAM SPORTS SCIENTIST

NOV 2016 – JULY 2018 • 2 YEARS

- Manage the use of GPS technology within the Club.
- Provide daily, weekly, monthly, and seasonal reports on training
loads and provide feedback to the relevant medical, sport-
science and coaching staff.
- Produce physical and technical match reports using Tracab and
Opta data in conjunction with performance analysts, and provide
feedback to sport science, coaching, and playing staff on
physical performance.
- Lead on fitness testing protocols and oversee the use of all sport
science technology within the club - for example Nordbord,
ForceDecks, VO2 max testing equipment (COSMED – fitmate
Pro), and cryotherapy chamber.



VIRGIN ACTIVE

NOV 2014 – AUG 2015

PERSONAL TRAINER AND FITNESS COACH

- Lead one to one personal training sessions, as well as group
classes designed to improve health and fitness within general
population.
- Advise on nutritional strategies to help reach personal health
and fitness goals.
- Involved working to monthly sales targets, requiring me to
develop a business plan and sales-related skills.



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