

ATS Consulting



ATS Consulting provides specialized, expert consulting in all areas related to altitude training for clubs, organisations or individuals.

Our team of highly qualified professionals has extensive practical experience in the application and integration of Altitude training in elite sport - both in a team and individual environment. *ATS Consulting* team members have been involved in providing services and guidance at a number of Olympic Games; with World and Olympic Champion athletes; with National sporting teams and Sports institutes; and with elite football teams.

Our services include:

- Assessment of team and individual programs and determining suitability for including an altitude training component into these programs.
- Integration of altitude training into team training structures.
- Integration of altitude training into rehabilitation structures.
- Assessing individual tolerance and potential response to altitude training - practical or genetic assessment.

Site assessment and advice on specific equipment to optimise altitude training effectiveness in a given environment or facility.

For further information contact *Victor Popov*:

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The ATS team includes:

Victor Popov

Physiotherapist

Victor is a Sports Physiotherapist with 20 years' experience and a partner in the QSMC. He has worked in Sydney, the AIS in Canberra and in a number of Brisbane Sports Medicine clinics. Victor was an Olympic Team physiotherapist in Atlanta and at the Sydney Olympics. He has been a National team physiotherapist with Cycling and Swimming teams since 1987, and is currently the Head Physiotherapist at the Brisbane Lions Australian Football Club. Victor has also worked with professional cycling teams internationally, including Credit Agricole, Francois de Jeux, and with Davitamon Lotto at the 2004, 2005, 2006, 2008 Tour de France. He is also a consultant for the QAS swimming program, and has lectured extensively on injury management and prevention.

Rob Darley Advanced Diploma in Sports Therapy (I.I.H.F.S.T.) and Phase IV Cardiac Rehabilitation (BACR)

Manager

Rob holds an Advanced Diploma from the United Kingdom in Sports Therapy, specialising in Cardiac Rehabilitation. Rob has 20 years experience in the fitness industry and currently manages the Altitude Plus Training Facility at Executive Excellence, Brisbane, Queensland, Australia.

Steve Dank BAsc. Physiology. Biochemistry. Post Graduate Certificate Course in Altitude Science

Exercise Physiologist

Specialising in exercise for rehabilitation, exercise for health and well being, chronic and complex medical conditions, musculoskeletal rehabilitation, work conditioning and incremental improvements in sports performance. Currently Steve is the director of Sports Science at Manly Rugby League Football Club. Steve is a research scientist with Genomics - in the area of genetic testing.

Heiko Salzwedel MSc. Sports Science

Elite Sports Performance Adviser, Elite Cycling Coach

UCI consultant providing Accredited Coach Education Courses. Currently Heiko coaches the Danish Track Cycling Team. He also coaches and advises Olympic, Elite, World Champion Athletes and professional teams. Previously Heiko has managed national coaching programs in Australia and in the United Kingdom.