

# KHALED MAHMOUD ELSAYED ELSAGAN

- Damietta, First District – Near Goweda Hyper
- 01091925604
- elsagankhaled@gmail.com
- 13 / 12 / 2004
- Single

## ■ Education

Faculty of Physical Education – Damietta University  
Major: Sports Management  
Expected Graduation: 2027  
Grade: Very Good (High)

## ■■■■■ Professional Experience

### **Super Gym – Fitness Coach (2019–2023)**

- Trained bodybuilding and CrossFit athletes for multiple competitions.
- Worked on physical preparation and rehabilitation for football players.

### **El Borolsy Squash Academy – Fitness Coach (Olympia Club, New Damietta) (2023–2024)**

- Prepared squash teams for national tournaments such as the Egyptian Cup and Republic Championships.

### **Debsy Club – Fitness Coach (2023–2024)**

- Participated in fitness camps and prepared athletes for competitive events.

### **Wadi Degla Club – Swimming Teams Fitness Coach (2024–2025)**

- Designed and supervised physical preparation programs for swimming athletes participating in national tournaments.

### **Boody Gym – Strength & Conditioning Coach (2025–Present)**

- Responsible for physical preparation, performance enhancement, and injury prevention for athletes in football, wrestling, and other sports.

## ■ Courses & Certifications

- Strength & Conditioning Certification – TASS Academy (2025)
- CFT & PT Nutrition Certification – TASS Academy (2025)

## ■ Skills

Strength & Conditioning – Sports Periodization – Sports Nutrition – Team Training & Athlete Development – Injury Prevention & Rehabilitation

## ■ Languages

Arabic: Native

English: Good

### ■ Career Objective

A passionate and ambitious Strength & Conditioning Coach and student at the Faculty of Physical Education. Dedicated to improving athletes' physical performance and overall fitness through modern scientific training methods and personalized programs.

### ■ References

Available upon request.