



# BENJAMIN BARTHELEMY

**STRENGTH AND CONDITIONING  
COACH, 37 YEARS OLD**

## LANGUAGES

French, Spanish and English

## DIPLOMAS

2012 MASTER 2 in Physical Preparation  
Montpellier 1 University

2014 University Diploma in video  
analysis Lille 2 University

Currently PhD student in STAPS  
University Rennes 2 (M2S Laboratory) ☑

Thesis project:  
Influence of the ACTN3 R577X Polymorphism on  
Incidence and Severity of Injuries in Elite Young  
and  
Adult Professional Football Players: Effects of  
specific training programs

## OTHER QUALIFICATIONS

2018 UEFA B Ligue Grand Est de  
football

2020 FIFA Medicine Diploma

2022 Federal Certificate of Athletic  
Preparation New Aquitaine Football  
League

## CONTACT



+33749394154



laurent@sagaa.fr



@sagaa\_agents

## CAREER :

Since 07/2020: Toulouse FC (Ligue 1) Physical  
trainer for the professional team.

- Use of performance tools
- monitoring and testing (GPS StatsPerform)
- CPK
- isocinétisme (Contrex)
- VALD, Lactate Pro, force platform (KISTLER), 1080, BFR, etc...),
- video, data visualization (Tableau) and database management tools.

07/2019-06/2020: HAVRE AC  
Physical trainer for the professional team.

07/2016-06/2019: SAS Epinal (National 1)

- In charge of the physical preparation and video analysis of the first team (N1 and N2)
- U19 DH coach during the 2017/2018 season

07/2012-12/2015: AS Béziers (National 1)

- In charge of the physical preparation and video analysis of the first team (CFA and N1)
- Physical trainer for U14 to U19 teams