

niek ripson

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GOAL

"My Goal is to reach your goals."

- take fitness into your everyday life
- enhanced performance for both professional and recreational athletes
- rehabilitation – restoring movement and function
- corporate fitness – be fit to achieve more in your career

I strive to offer you a broad range of health services. From the amateur to the professional athlete – I will help you reach your fitness (sport specific)goals.

7.

EXPERIENCE

Professional footballer Nac Breda: 2003-2005 (youth 1994-2003)

Started in the youth of NAC Breda when I was 9 years old. In 2003-2005 I was active as professional footballer at NAC Breda.

Professional footballer Top Oss: 2005-2008

Professional footballer Fc Emmen: 2008-2010

Professional footballer RBC Roosendaal: 2010-2011

Certified Personal / Medical trainer 2011-

Started a company. NR Personal training&therapy. I work together with a network of physiotherapists which are specialised in different professions concerning sports, for example: soccer, cycling, golf and tennis.

EDUCATION

CIOS Sport & Bewegen: 2000-2004

Sportsmanagement, football trainer, golf trainer, sportmassage, fitness

NHTV university: 2004-2005

leisure management propedeuse

Orthopedic rehabilitation 4xT : 2011

Test the athlete,, myofasciale Trigger, kinesioTape and Train the athlete

Sportstherapy : 2011

Sportmassage (NGS)

ABILITY

Rehabilitation

For me, rehabilitation means comprehensive and intensive treatment and support.

During the first healing phase, I have nearly contact with the physical therapist that guides you through primarily passive techniques. Their pain-relief, swelling-reduction and mobilizing treatments accelerate your healing process.

In the next phase I start with predominantly active training. At this stage I will re-introduce movement so you will better meet the requirements of daily life.

Using return-to-play testing analysis me and the physiotherapist can objectively determine if your recovery is complete whether further treatment is required.

Personal training

Your progress:

- » testing
- » defining your goals
- » training plan

From intake /test results, I put together your personal training plan, tailor-made to accomplish your individual goals – goals such as soccer-golf -conditioning, getting in shape for running, skiing or tennis, losing weight, or keeping fit for your career.

Reach your potential.

- » three-dimensional functional exercises
- » effective block training
- » ongoing adjustment of your training program based on your current progress level

The core of my personal training exists of functional training. This form of training is highly efficient and lets you accomplish a lot in a short period of time. All functional exercises have a three-dimensional aspect, meaning that several movements are combined into one – for example, taking a particular position that requires the activation of the core stabilizing muscles and then adding a movement while continuing to keep the contraction of the core muscles. Perfect tools for this type of training are exercise balls, air-filled cushions, smart dumbbells or kettlebells.

Block training

Block training combines multiple exercises, allowing you to achieve more in one hour's training compared to a regular hour of conventional training at the gym.

Goals and training program

Your learning is important. If your goal is to improve your movement when practicing golf, tennis or skiing, then I'm able to help you since that's exactly the point I concentrate on. My attention to each individual provides optimal results even when there's limited time to train.

Performance optimization

- » agility
- » strength
- » explosive power

Performance training is meant for everyone who wants to improve or restore their athletic abilities in a particular sport. Motivated athletes can improve specific aspects which are critical in sport – for instance, explosive power in football, vertical leap in basketball, speed in tennis, rotational ability and accuracy in golf.