

## George D. Bakodimos

DATE OF BIRTH 1966

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MARITAL Married, two kids  
STATUS

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UNIVERSITY Graduated in **Athens Kapodistrian University of Physical Education**  
DEGREE Speciality: **Volleyball**  
Graduation date: **September 1988**  
Counselling and Counselling skills 2009-2010  
Knowledge of foreign language: English, C1, State Certificate of Foreign Language Proficiency  
**Msc** in Maximizing sporting Performance at Democritus University of Thrace

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### OTHER STUDIES: **P.C. OPERATION**

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- ADDITIONAL EDUCATION:
- International seminar of Hellenic Volleyball Coaches' Association, «COSMOVOLLEY 1994»
  - International seminar of Hellenic Volleyball Coaches' Association, «EURO VOLLEY 1995»
  - International seminar of Hellenic Volleyball Coaches' Association, «ARIE SELINGER 1996»
  - International seminar of Hellenic Volleyball Coaches' Association, In Ancient Olympia 1997
  - Educational seminar of Ministry of Education for Teachers of Physical Education, in 1997
  - Educational seminar of Ministry of Education for Teachers of Physical Education, in 1998
  - International seminar of Hellenic Volleyball Coaches' Association, In Halkidiki, 1999
  - Volleyball coach's seminar KHFISIA 2002
  - Volleyball coach's seminar LARISA 2004
  - Volleyball coach's seminar THESSALONIKI 2005
  - Volleyball coach's seminar LEPTOKARIA 2006
  - Volleyball coach's seminar PLATAMONAS 2009
  - 22<sup>nd</sup> International Congress of PH.EDU. &SPORT Komotini (2014)
  - 1<sup>st</sup> Workshop of Volley league «The role of Volley league in the strategic planning of Volley ball» (May 2014 Athens)
  - Annual lessons in «psychology counselling» as a premaster with the same theme, 2009-2010.
  - 23<sup>rd</sup> International Congress of PH.EDU. &SPORT Komotini (2015)
  - Coaching training seminar. Organized by the A' Orthopedic Clinic Department of Sports Excellence 16 th of December 2018 << A multidimensional work in a chaotic environment>>
  - 27<sup>th</sup> International Congress of Physical Education and Sport Science campus of Komotini on 10th May 2019

## TEACHING EXPERIENCE

- 1990-1992 Private school «Tsoumani-Korilli»
- 1992-1993 Divisions of athletic facilitation, of East Attica, 3<sup>rd</sup> High School.
- 1993-1994 Divisions of athletic facilitation of Piraeus, 6<sup>th</sup> High School of Nice
- 1994-1995 22<sup>nd</sup> Elementary school of Piraeus
- 1995-1996 51<sup>st</sup> High School of Athens
- 1996-1997 16<sup>th</sup> Elementary School of Ilion
- 1997-1998 Anabyssos' Elementary School
- 1998-1999 Divisions of athletic facilitation of Ilioupolis
- 1999-2000 Divisions of athletic facilitation of Alimos
- 2000-2002 6<sup>th</sup> Elementary School of Ag. Dimitrio
- 2002-2003 15<sup>th</sup> Elementary School of Ag. Dimitrio
- 2003-2005 9<sup>th</sup> Elementary School of Ag. Dimitrio
- 2005-2007 8<sup>th</sup> Elementary School of Ag. Dimitrio
- 2007- 2009 Posted in the Ministry of Education
- 2009-2010 Posted in the Ministry of Education
- 2010-2011 Posted in the Ministry of Education
- 2011-2012 Posted in the Ministry of Education
- 2012-2013 Posted in the Ministry of Education
- 2013-2014 13<sup>th</sup> Elementary School of Ag. Dimitrio
- 2014-2015 13<sup>th</sup> Elementary School of Ag. Dimitrio
- 2015-2016 13<sup>th</sup> Elementary School of Ag. Dimitrio
- 2016-2017 13<sup>th</sup> Elementary School of Ag. Dimitrio
- 2017-2018 Professor in the class coaching faculty for the State Association of Sports
- February 2018 invited speaker in Leontios School topic " Sports and Professional Environment".
- 2020- 2021 Professor in the class coaching faculty for the State Association of Sports

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## ATHLETIC CAREER, DISTINCTIONS

- Volleyball player of «AONS O MILON» from 1982-1989(accession to 1<sup>st</sup> division)
- Volleyball player of «AO ORESTIADAS» in the 1<sup>st</sup> division, 1989-1990
- Volleyball player of «AONS O MILON» from 1990-1994
- Player of the National teams of Junior and Men.
- Winner of the 2<sup>nd</sup> Division with «Milon» 3 times
- Winner of the 3<sup>rd</sup> Place in the 1<sup>st</sup> Division of Men, with «Orestiada»
- Participated in Balkan, Mediterranean and many other International Tournaments, as a player of the Greek National Team. Won the title of (MVP) in Korizzia, Italy.
- Won the title of the best player of the Youngest National Team, in International Tournament in Cyprus, 1986

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## COACHING EXPERIENCE

- 🏆 2020-2021 Coach of **A.E.K** Men pre League
- 🏆 2019-2020 Coach of **A.E.K** Women pre League 1<sup>st</sup> place (champion)
- 🏆 July 2019 **European games** Bulgaria Sofia Finals U17
- 🏆 July 2019 second place **Balkan Games** Bulgaria Sofia U17
- 🏆 May 2019 first place to the Qualification tournament for the Finals of the European Championship , **National Team Under 17**
- 🏆 2018-19 Head Coach in National Team men's Under 16
- 🏆 July 2018 third place in Balkan Championship men U16
- 🏆 2017-2018 In charge of development men's Under 16 and Head Coach in National Team men's Under 16.
- 🏆 2014-2015 Coach of «**Kyzikos**» in Division A2 (men's team)
- 🏆 2013 Coach of «**Panathinaikos**» in Division A1 (men's team)
- 🏆 2012 Coach of «**Aias**» in Division A2 (men's team).
- 🏆 2009-2010 Coach of «**AONS O MILON**» in Division A2 (men's team).

- ✚ 2008-2009 Coach of «**AONS O MILON**» in First Division A1 (men's team) for the Playouts.
- ✚ 2007-2008 Assistant coach of «**Olympiacos of Piraeus**» in First Division (men's team)
- ✚ 2006-2007 Assistant coach of «**Olympiacos of Piraeus**» (participation in the champion league) in First Division (men's team)
- ✚ 2004-2005 Coach of «**AONS O MILON**» in First Division, A1 (men's team)
- ✚ 2003-2004 Coach of «**AONS O MILON**» in First Division, A2 (men's team)
- ✚ 2000-2002 Technical advisor of Company «**Neomarine ltd**», formal sponsor of Athletic Associations.
- ✚ 2000 Coach of «**G.S. Ilioupolis**» in First Division, A1 (women's team)
- ✚ 1999 Coach of «**Ag. Sosti**» in First Division, A1 (women's team).
- ✚ 1998-1999 Coach of «**Ag. Sosti**» in First Division, A1 (women's team).
- ✚ 1997-1998 Coach of «**Ag. Sosti**» in First Division, A1 (women's team).
- ✚ 1996-1997 Coach of «**AO Karlovasou**» in Second Division (men's team) *Second place.*
- ✚ 1995-1996 Coach of «**A.O. Haidariou**» Third Division (men's team) *First place*
- ✚ 1993 Coach of «**A.O. Karlovasou**» to the final tournament of the Peripheral Championship. *First place*
- ✚ 1994-1995 Coach of «**G.S. Ilioupolis**» in Third Division (men's team). *Second place.*
- ✚ 1993-1994 Coach of «**G.S. Ilioupolis**» in Third Division (men's team)
- ✚ 1992-1993 Coach of «**G.S. Ilioupolis**» in Local Division (men's team). *First place.*
- ✚ 1991-1992 Coach of «**G.S. Ilioupolis**» in Local Division (men's team).

**ACADEMIC PRESENTATIONS** THE CORRELATION BETWEEN THE TYPE OF PASS AFTER FLOAT SERVIS AND THE EFFICIENCY OF ATTACK IN MEN'S ELITE VOLLEYBALL.

**G. Bakodimos**, A. Kasabalis, S. Drikos, J. Dimitriadis

Democritus University of Thrace, D.P.E.S.S. 22<sup>nd</sup> *International Congress of PH.EDU. & SPORT Komotini*

DESIGN AND IMPLEMENTATION OF ELECTRONIC PLATFORM COACHING ASSISTANCE. RESULTS OF ITS USE AND ATTITUDES OF ATHLETES AND THEIR PARENTS

I. Dimitriadis, C. Kaltsidis, A. Kasabalis, **G. Bakodimos**, A. Giannakopoulos, E. Zetou.

Democritus University of Thrace, D.P.E.S.S.

. 22<sup>nd</sup> *International Congress of PH.EDU. & SPORT Komotini*

EFFECTIVENESS OF ATTACK IN RELATION WITH THE TYPE OF RECEPTION OF FLOAT SERVICE AND THE BODY HEIGHT OF HIGH LEVEL ATHLETES IN VOLLEYBALL MEN **G. Bakodimos**, A.

Kasampalis, I. Kountoupis Democritus University of Thrace, S.P.E.S.S

ROTATOR CUFF TENDINOPATHY. COMPARATIVE STUDY DEALING WITH PLASMA RICH IN PLATELETS AND EXERCISE PROGRAM. *C.Thanasas, A.Gioftsidou, P.Malliou, A.Beneka, N.Andrianopoulos, G.Bakodimos, S.Kakavogiannis, G.Gadolias.*

70<sup>th</sup> Congress of Greek Company of Orthopedic Surgery and Traumatology, Athens, October 2014

IMPLEMENTATION OF A MUSCULAR EMPOWERMENT IMPROVING THE JUMPING ABILITY OF YOUNG WOMEN VOLLEY BALL ATHLETES. GOUNTAS. K, BAKODIMOS G PAPPDIMITRIOU V, PETALA CHR, GIANNAKOPOYLOS A.

. 27<sup>nd</sup> *International Congress of PH.EDU. & SPORT Komotini*

IMPLEMENTATION OF A MUSCULAR EMPOWERMENT IMPROVING THE JUMPING ABILITY OF YOUNG MEN VOLLEY BALL ATHLETES BAKODIMOS G , GOUNTAS K, GIANNAKOPOYLOS A,

. 27<sup>nd</sup> *International Congress of PH.EDU. & SPORT Komotini*

RELATIVE AGE EFFECT IN GREEK FEMALE YOUNG VOLLEYBALL PLAYERS. DATA FROM A NATIONAL TALENT IDENTIFICATION PROGRAM.

Ntozis C<sup>1,3</sup>, Cherouveim E <sup>1,2</sup>, Gountas K<sup>3</sup>, Bakodimos G<sup>3</sup>, Barzouka K<sup>1</sup>, Apostolidis N<sup>1</sup>, Tsolakis C <sup>1,2</sup>

*Journal of Talent Development and Excellence*

**Short papers:**

THE CORRELATION BETWEEN THE TYPE OF PASS AFTER FLOAT SERVIS AND THE EFFICIENCY C ATTACK IN MEN'S ELITE VOLLEYBALL.

**G. Bakodimos**, A. Kasabalis, S. Drikos, J. Dimitriadis

Democritus University of Thrace, D.P.E.S.S. 22<sup>nd</sup> *International Congress of PH.EDU. & SPORT Komotini*