



**DOUVIS ANDREAS**

**CONTACT DETAILS**

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**PERSONAL DETAILS**

Marital status: Married  
Birth date:29/05/1967  
Citizenship: Greek

**Foreign languages**

Greek:  
Mother language

English:  
Good knowledge



**EDUCATION**

**National and Kapodistrian University of Athens**  
MSc Special Coaching of Classic Sports  
School of Physical Education and Sport Science of Athens  
2007-2010

*Thesis:*  
«Comparative Study of the Direct Effect of Passive and Ballistic Stretches on Neuromuscular Performance & Flexibility in Selected Fencing Athletes»

**National and Kapodistrian University of Athens**  
Graduate of the School of Physical Education and Sport Science of Athens (TEFAA)  
Grade: excellent

1986-1990

**Panhellenic School of Lifeguarding (IIA.ΣX.NA)**  
Diploma of Professional Lifeguard, Marine Rescue & Survival  
2009



**PROFESSIONAL EXPERIENCE**

**Professor (Special and laboratory teaching staff) in the Hellenic Army Academy (Evelpidon): 1993-today**

As a Permanent Professor of Physical and Cultural Education of the HAA, in the fencing competitions in 2007 between the Academies of GREECE and TURKEY that took place in Ankara, Turkey, I took part as a fencing referee.

**International Fencing Referee in all three weapons: 2004-Today**

**Fencing Coach in various sports clubs - at present in "Perseas Athinon"**

**Assistant Federal Fencing Coach in the weapon of sabre**  
2007-2011

**Fencing Coach**, in the club of "Athinaiki Leschi"  
1997-2007

**Fencing teaching at the: *American College of Athens, DERE, Pierce College* and the *Leonteios School of Athens***  
1996-2009

**External collaborator in programs of Youth and Sports Organization with the subject of fencing in the Municipality of Athens**  
1990-1999



## PUBLICATIONS

- Tsolakis C, Douvis A, Tsigganos G, Zacharogiannis E, Smirniotou A, (2010). Acute Effects of Stretching on Flexibility, Power and Sport Specific Performance in Fencers. *J Hum Kinet* 26 105-114
- Various publications in the Military Scientific Journal: Athletic Sciences and Armed Forces, 2013 issues 1-3, 2014 issues 1-2, 2015 issue 3, 2016 issues 1-2, 2017 issues 1-3



## PARTICIPATION IN SEMINARS AND CONFERENCES

- Coaching training seminar "*Experience Sports Excellence in Fencing*", organized by the 1st Orthopedic Clinic, department of Excellence.  
December 2018
- 4<sup>th</sup> Conference of Athletic Science "*Physical education and sports in the modern world*"  
May 2017
- Training seminar of the STAVROS NIARCHOS FOUNDATION "*Renaissance and Progress*"  
2015
- 1<sup>st</sup> Sports Science Conference in the Armed Forces, at the Hellenic Academy of Athens  
October 2014
- International Conference of sabre Coaches organized under the auspices of the International Federation of Fencing (FIE) in Budapest  
*May 2013*
- Conference "Sports, Vision and Science", organized by the Air Force General Hospital.  
2013
- 2<sup>nd</sup> Conference for the development of Actions by the Sports Organizations of Municipalities  
*3-4 May 2008*
- First Aid training program of the Hellenic Red Cross  
*18 January-5 February 2008*
- Fencing coaches' seminar, «The French fencing school, structure, development and training characteristics»  
*2007*
- Training seminar M.C. DEMAILE of the Hellenic Fencing Federation in collaboration with the French Fencing Federation  
*1994*
- 2<sup>nd</sup> Panhellenic Conference of Physical Education teachers, Peace and Friendship Stadium  
*17-20 March 1994*
- Seminar of vocational training for Physical Education teachers «SPORTS FOR EVERYBODY» organized by the General Secretariat of Sports  
*01-24 June 1993*
- 1<sup>st</sup> Scientific forum "Coaching conference «*SPORTS-FENCING-SCIENCE*» Athens 1992

- National Fencing Seminar under the auspices of the Hellenic Fencing Federation and the International Olympic Committee  
1999

#### **Computer skills:**

- Windows Ms Office, PowerPoint, Excel

#### **AWARDS - EXCELLENCES**

- **Member of the Greek National Fencing Team 1982-1990**
- 9th place in the European Champions League Cup in Hungary in 1992 with the team of Athinaiki Leschi in sabre.
- 12 times Greek champion, both in personal and in team level, during 1985-1997.
- First places in Greek Cups and Grand Prix, and second places in Greek championships.

#### **OTHER PROFESSIONAL ACTIVITIES**

- **Active member of the Administrative Board of the Panhellenic Association of the Presidents of Arms Referees (ΠΑ.ΣΥ.Π.Κ.Ο.)**
- **International fencing referee** after being examined by the World Fencing Federation (F.I.E.) in all three weapons (Epee-Foil-Sabre). I have refereed in: the **Olympic Games in Athens 2004**, all **World Championships** during 2009-2017, all Grand Prix Category A during 1999-2017, **European championships for the categories of cadet and junior** (2005-2017), **Satellite Games** (2009-2011), **Mediterranean Games** (2005-2006), **World Cups** (2011-2016) and other big events like the **European Olympics 2015 and 2017** and the **Youth Olympiad 2018** in Buenos Aires.
- **Recently I was chosen as a referee from the World Fencing Federation to referee in the Olympic Games of Tokyo 2020.**
- Participation in the **Olympic Torch Route "TOKYO 2020"**