

PART I

- 1980-1994** Career in Olympic Weightlifting. 11 national titles and 13 national records. Designing training of individual sportsmen in: Weightlifting, Wrestling, Athletics, Power Lifting, Cycle-racing, Judo, Volleyball, Karate etc.
- 1989-1993** Working for CTF (Centre for Training en Fitness) in the Canisius Wilhelmina hospital Nijmegen. Sports rehabilitation and Strength & Conditioning.
- 1988-1994** Lifting for German clubs Moers (1 year) and Duisburg (5 years) in the German weightlifting competition.
- 1993-1997** Publishing articles about training and performance in RSG (Richting – Sport Gericht). This is a magazine about sport and training.
- 1987-1996** Teaching Strength & Conditioning. for the Dutch National Athletic Federation (the KNAU) in their training courses. Examiner in the trainer/coach courses.
- 1987-** Starting intense working together with Dutch sport physiologist Dr.J.A.Vos resulting in creating five software programs that handle results from online-testing of speeds and forces using Dr. Vos his methods. This software is used by (para)medics, in sports, education and rehabilitation, hospitals etc.
- 1994-** Teaching for the N.P.I. (Dutch Paramedical Institution)
Courses: Lifting and back problems
Physiological Testing
Strength training / training physiology
Sports rehabilitation
- 1997-1999** Starting Strength & Conditioning in Volleyball for VOCASA - city of Nijmegen - national league Volleyball. Team manager.
- 1998-** The article ‘Strength Training for Volleyball’ is being published in several magazines in the Netherlands, Germany, Belgium and in ‘The Coach’ (Int.).
- 1998-2000** Teaching Strength & Conditioning for the Dutch Olympic Committee: Sports physiotherapy and Sports Physio consultant.
- 1998-2000** Strength & Conditioning for the Sanex (ice)Skate professional Team.
- 1999-2001** Strength & Conditioning for VREVOK (Nieuwegein), National champion in Volleyball.
- 1999-2000** Adviser in training for the national golf Team.
- 1999-** Starting to work for T.V.N. (Top Volleyball Netherlands).
General physical education.
- 2000-** Teaching ‘Sports and Nutrition’ for dieticians (University Nijmegen)
- 2000-** Strength & Conditioning coach for the national beach volleyball Team.
- 2000-** The Dutch national Olympic committee publishes ‘Specific Strength & Conditioning for Volleyball’.
- 2001-** Teaching in the education of Belgium fitness trainers.
- 2000-2002** Advisor in food supplementation and Strength & Conditioning trainer for the TVM Skate professional Team (3 world and Olympic champions)
- 2001-** Strength & Conditioning for ‘Omni World’ (Almere – Amsterdam): National league Volleyball and Basketball Teams.
Strength & Conditioning coach for the Dutch men's and women's national Teams in Water polo.
- 2001-** Starting to work for Red Bull as a nutrition specialist.
- 2001-2002** Advisor in Strength & Conditioning for the Dutch national Bobsleigh Teams.
- 2000-** The Dutch Olympic Committee publishes the booklet Specific Power Training for Volleyball.
- 2000- 2002** Strength & Conditioning and Nutrition of TVM professional Skate Team

PART II

- 2000-** Strength & Conditioning for the Dutch national Beach Volleyball Teams.
2001- Strength & Conditioning of the Dutch national Water Polo Teams.
2002-2003 Strength & Conditioning and Nutrition of the SpaarSelect professional Skate Team.
2003-2004 Strength & Conditioning and Nutrition of Sponsor Bingo Lottery professional Skate Team
2004-2006 Nutritionist for the Dutch national Beach Volleyball Teams
2003-2004 Strength & Conditioning and Nutrition of VPZ professional Skate Team
2004-2009 Strength & Conditioning and running coach for the NBB - Dutch Basketball Federation. National women's Team.
2004- General physical training and nutrition aspects for young tennis talents.
2005-2009 Strength & Conditioning for Dutch national fencing Team (flore)et
2005-2009 Advising Top Judo Organisation - region Nijmegen (STJN).
2005 Series of articles Training, Conditioning and Nutrition in the International Speed Skating magazine.
2005 Series of articles Training, Conditioning and Nutrition in Sport Gericht – Tijdschrift. This is a magazine about sport and training.
2005-2011 Teaching at CIOS Sittard – physical education.
2005-2007 Strength & Conditioning for Binnenland. Top league women's Basketball. City of Barendrecht.
2006-2009 Strength & Conditioning and Nutrition of DSB professional Skate Team.
2006- Strength & Conditioning and Nutrition for individual Top athletes: Short Track, Weightlifting, Basketball, Volleyball, Soccer, Tennis.
2006-2007 Strength & Conditioning for city of Nijmegen Basketball, Matrixx Magixx.
2006-2008 Teaching at the Int. Academy for Physical Training (Sport Partners)
2007-2009 Strength & Conditioning for Volleyball - city of Nijmegen VOCASA Women's and Men's Team.
2007-2008 Nutrition coach for Basketball. City of Delft.
2008- The N.P.I. (Dutch Paramedical Institution) starts a course: “Training for Top Athletes” aimed at physiotherapists and Trainers.
2008-2009 Strength & Conditioning U16 Basketball girls – Batouwe
2008-2014 Strength & Conditioning and Nutrition for the Bobsleigh Team van Calker
2008-2010 Strength & Conditioning youth sc-Heerenveen. Professional Soccer
2009-2010 Nutritionist for – sc-Heerenveen. Professional Soccer
2009-2010 Strength & Conditioning sc-Heerenveen all Teams. Professional Soccer
2009-2012 Strength & Conditioning and Nutrition of Control. Jac Orie's professional Skate Team.
2010-2012 Teaching at HAN (Hoge School Arnhem Nijmegen) Sport and Movement Sciences
2010-2013 Strength & Conditioning at the National training centre Heerenveen. Women's Gymnastic.
2011-2014 Strength & Conditioning and Nutrition for Gymnastics Almelo (Vincent Wevers)
2010-2011 Strength & Conditioning for Nijmegen Basketball. Magixx.
2011-2012 Nutritionist for the national women's Gymnastic at Heerenveen.
2011-2011 Strength & Conditioning for Pro-Patria women's Gymnastics Zoetermeer.
2011-2013 Strength & Conditioning men's Volleyball state of Twente.

T.Leenders (18-12-1959)

Activities in sports.

www.TonLeenders.NL

PART III

- 2012-2013** Strength & Conditioning Volleyball U16 girls region Netherlands east.
- 2012-2014** Strength & Conditioning and Nutrition of BrandLoyalty prof. Skate Team.
- 2012-2014** Strength & Conditioning and Nutrition of Danone-ACTIVA prof. Skate Team.
- 2012-** Start of a individual education for Physiotherapists - Rehabilitation.
- 2012-2013** Strength & Conditioning Arvevo men's Volleyball city of Arnhem.
- 2013-** Workshops for CrossFit.
- 2013-** Gymnastics: Start of the TurnTeam with Wevers family: SanneLieke.NL
- 2013-** Teaching Health and Nutrition at several high Schools.
- 2013-2014** Strength & Conditioning for city of Nijmegen Basketball, Matrixx Magixx.
- 2013-2014** Strength & Conditioning for city of VCV - men's Volleyball Veenendaal.
- 2013-** Start Practical Free Weight's Training courses: HalterTraining.NL
- 2014-** Teaching at HAN (Hoge School Arnhem Nijmegen)
Master Sport Physiotherapy.
- 2014-** Strength & Conditioning and Nutrition for [Team LottoNL-Jumbo](http://TeamLottoNL-Jumbo)
Professional Team that combines Skating and Cycling
- 2014-2015** Strength & Conditioning for Paralympics Cycling
- 2014** Start of the **M**ovement **E**fficiency Trainers group: [ME Trainers](http://METrainers)
- 2014-2015** Individual Strength & Conditioning new Sports: Hockey, Handball.
- 2014-** Strength & Conditioning with Tennis youth city of Utrecht.
- 2015-** Teaching at Sports Academy city of Utrecht – Nutrition.
- 2015-** Start BaanWielrennen – Laurine van Riessen [Matrix Pro Cycling](http://MatrixProCycling)
- 2016-** Starting **M-E** Training and the **T-LOR** concepts with mentally disabled.
- 2016-2017** Strength & Conditioning Fencing youth.
- 2016-** Strength & Conditioning pilot with prof. Cyclists [Team LottoNL-Jumbo](http://TeamLottoNL-Jumbo)

Languages: Dutch - English - German - Spanish