

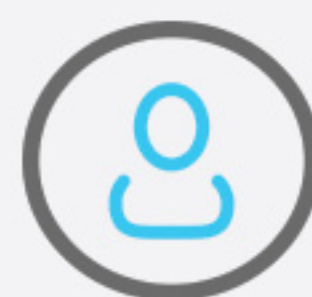
MLADEN JOVANOVIĆ

S&C Coach & Data Analyst

OBJECTIVE

I am aspiring to become performance manager in a professional team settings where I hope to contribute significantly to the organization's success through application of agile principles, management and organizational productivity and transparency, training load monitoring, individualization, improved training and recovery practices and data driven-decision making.

CONTACT ME



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coach.mladen.jovanovic@gmail.com



Danila Kiša 1, Belgrade (Serbia)

LINKS



www.complementarytraining.com



www.athletesr.com

EDUCATION



- **Faculty of Sports and Physical Education**
📍 University of Belgrade, Serbia
- **Australian Strength and Conditioning Association**
📍 Adelaide, Australia
- **Faculty of Sports and Physical Education**
📍 University of Belgrade, Serbia
- **Technical High School**
📍 Pula, Croatia

DOCTORAL STUDIES

OCTOBER 2016 - ONGOING

"Experimental methods of human locomotion"

STRENGTH AND CONDITIONING COACH

APRIL 2016

Level Two Strength and Conditioning Coach

PROFESSOR OF SPORTS

2007

Bachelor Degree – Strength and Conditioning

COMPUTER TECHNICIAN

2001

Obtained High School Diploma as Computer Technician

WORK EXPERIENCE



- **ATHLETE SOFTWARE SOLUTIONS LLC**
📍 Belgrade, Serbia

DIRECTOR

MAY 2017 – ONGOING

- Created AthleteSR application for scheduling and monitoring
- Built few tools for coaches at complementarytraining.com website
- Main author of coaching and science articles at complementarytraining.com

- **PORT ADELAIDE FOOTBALL CLUB**
📍 Adelaide, Australia

STRENGTH COACH AND DATA SCIENTIST

NOVEMBER 2015 – SEPTEMBER 2016

- Data analysis and development of predictive models
- SMARTABASE developer/administrator
- Strength coach

- **ASPIRE ACADEMY**
📍 Doha, Qatar

FOOTBALL PHYSIOLOGIST

OCTOBER 2014 – JULY 2015

- Leading the project of implementing database solution for data centralization for Aspire Academy and 14 clubs of QSL using SMARTABASE
- Providing live reports using PowerBI tools

- **COMPLEMENTARY TRAINING**
📍 Belgrade, Serbia

IMPROVED MY SKILLS

DECEMBER 2013 – OCTOBER 2014

- Started high-performance training and sport science website complementarytraining.com
- Developed two Excel/Power Pivot products: Annual Planner for Sports and Strength Card Builder that are used by multiple high-performance coaches, teams/clubs and national teams
- Taken numerous online courses on R statistical programming language, data analysis and statistics to further enhance my skills

- **HAMMARBY IF**
📍 Stockholm, Sweden

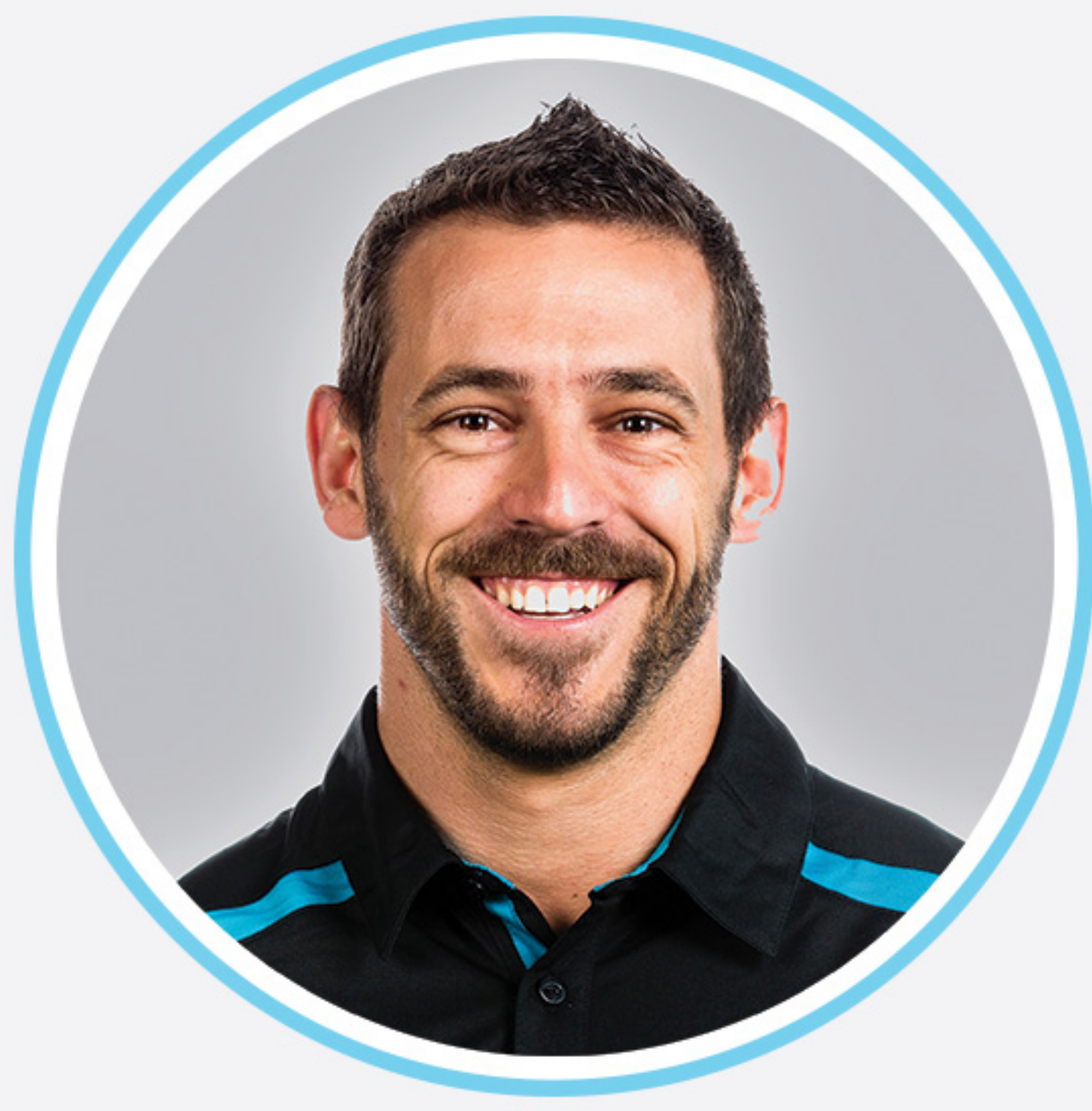
SPORT SCIENTIST AND HEAD STRENGTH AND CONDITIONING COACH

JANUARY 2012 – DECEMBER 2013

- **FC RAD**
📍 Belgrade, Serbia

SPORT SCIENTIST AND HEAD STRENGTH AND CONDITIONING COACH

JANUARY 2011 - DECEMBER 2011



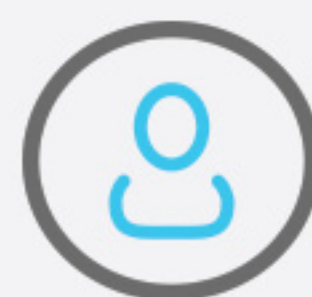
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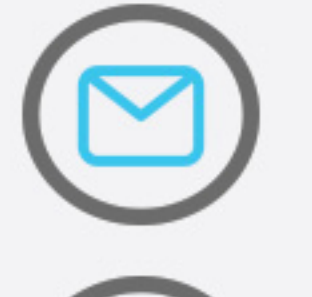
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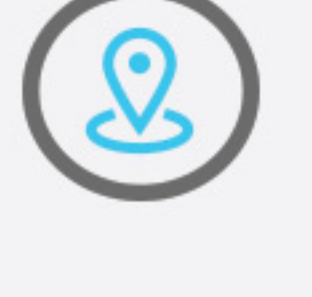
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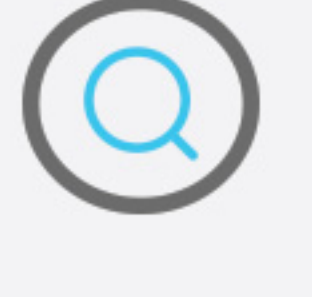
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WORK EXPERIENCE

- **MIKE BOYLE STRENGTH AND CONDITIONING**
📍 Boston, USA
INTERN COACH
JUNE 2010 - SEPTEMBER 2010
- **VOLLEYBALL CLUB KLEK**
📍 Zrenjanin, Serbia
HEAD STRENGTH AND CONDITIONING COACH
AUGUST 2009 – JUNE 2010
- **VOLLEYBALL CLUB FENERBAHCE**
📍 Istanbul, Turkey
STRENGTH AND CONDITIONING COACH
OCTOBER 2008 - JUNE 2009
- **TENNIS CLUB BANJICA**
📍 Belgrade, Serbia
STRENGTH AND CONDITIONING COACH
JANUARY 2008 - OCTOBER 2008
- **FC RAD**
📍 Belgrade, Serbia
HEAD STRENGTH AND CONDITIONING COACH
JANUARY 2007 - DECEMBER 2007
- **BASKETBALL CLUB PARTIZAN U-17**
📍 Belgrade, Serbia
INTERN COACH
OCTOBER 2005 - DECEMBER 2006



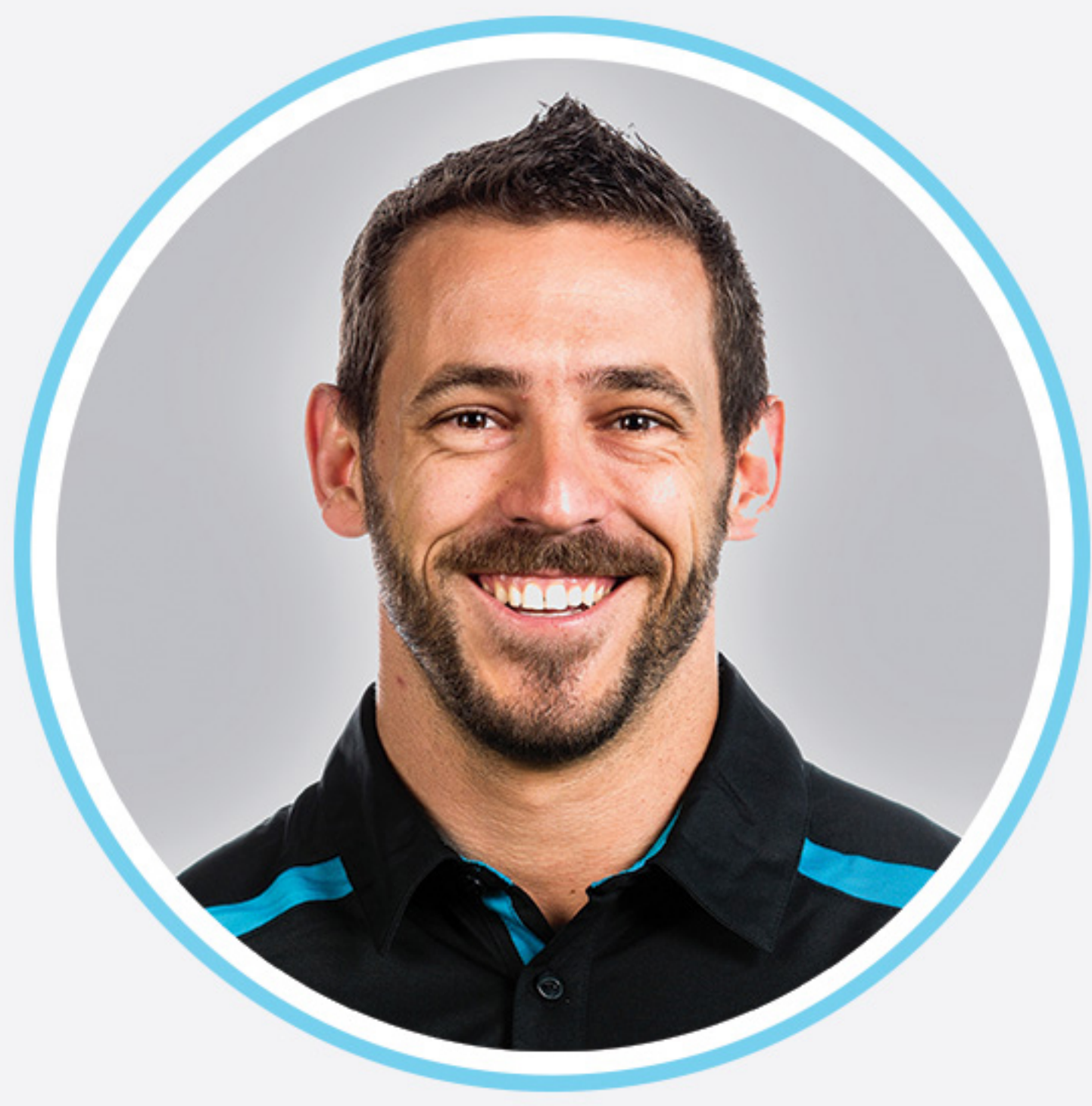
SKILLS & ABILITIES

- ✓ Exceptional knowledge of training theory and principles, skill acquisition (constraints-led approach), recovery procedures, sports nutrition and supplementation
- ✓ Very proficient with modern training monitoring systems, such as Catapult GPS, Polar Team2 and technology in general
- ✓ Experienced developer on SMARTABASE platform
- ✓ Familiar with IT Project Management practices: Agile, Scrum, Kanban
- ✓ Exceptional knowledge of Microsoft Excel, Power Pivot and Power BI
- ✓ Intermediate-advanced knowledge of R statistical programming language, statistics, predictive analytics and machine learning
- ✓ Extensive experience and intuitive ability in designing routines and periodization schemes for specific needs
- ✓ Exceptional teaching ability of correct forms in strength training movements, Olympic lifts, athletic movement patterns, prehab and rehab exercises, mobility and recovery



INTERESTS

- ✓ Performance Management using Agile Practices
- ✓ Organization productivity, leadership, effective communication and team building
- ✓ Designing software solutions that help coaches in data-driven decision making and training planning, monitoring and analysis
- ✓ Magnitude-based statistics, Bayesian statistics, data analysis and visualization, development of coaching software, predictive analytics and IT in general
- ✓ Monitoring of training loads (GPS, HR, sRPE), reaction and adaptation to training
- ✓ Individualization of training and injury prevention
- ✓ Monitoring of training loads (GPS, HR, sRPE), reaction and adaptation to training
- ✓ Individualization of training and injury prevention
- ✓ Skill acquisition & decision making using improved practice design & organization
- ✓ Tactical & Agile Periodization
- ✓ Velocity-based strength training



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PUBLICATIONS



- Jovanović M. **Uncertainty, Heuristics and Injury Prediction.** *Aspetar Journal*, Volume 6, 2017
- Jovanović M, Flanagan E. **Researched applications of velocity based strength training.** *J Australian Strength and Conditioning* 22(2)58-69, 2014
- Orendurff MS, Walker JD, Jovanović M, Tulchin KL, Levy M and Hoffmann DK. **Intensity and duration of intermittent exercise and recovery during a soccer match.** *J Strength Cond Res* 24(10): 2683-2692, 2010

REFERENCES



- Darren Burgess** // Director of High Performance
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- Brian Green** // Head Athletic Trainer
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- Warren Gregson** // Head Football Physiologist
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- Mike Boyle** // Strength and Conditioning Coach
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- David Tenney** // Fitness Coach
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- Gregg Berhalter** // Former Head Coach
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- Dragan Mirkov** // University Professor
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