

SOHAIL FAROOQ

Strength & Conditioning Coach

Address, KARACHI

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EDUCATION

MSC Health & Physical Education (2019)	Sarhad University Islamabad
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CRICKET COURSES

Courses	Institutes	Year
Level I Coach	Pakistan Cricket Board	2018
Strength & Conditioning Coach	Pakistan cricket Board	2020
Strength & Conditioning Coach	Root Academy (UK)	2021
Strength & Conditioning Coach	Pakistan Strength & Conditioning Association	2020
Junior Cricket	Cricket Australia	2019
Match Management	Cricket Australia	2019
Child Protection	Play by the Rules Australia	2018
Harassment & Discrimination	Play by the Rules Australia	2018
HR Training & Development	Bahria University	2016

COMPUTER COURSES

MS Office	Pakistan Navy Computer Centre Islamabad
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OTHER SHORT COURSES

COVID Safe Sport Coaches & Officials Certificate 2020

EXPERIENCE

- Currently working with PN Fakhar Zaman Cricket Academy as a Manager and Strength & Conditioning Coach for past 3 years.
- Work with **Fatima Sana (Pakistan int. Woman Cricketer)** as S&C Coach.
- Work with **Muhammad Ghous (Balochistan U 19 & CCA Cricketer)** as S&C Coach.
- Work with **Haider Razzaq (Sindh U19 Cricketer)** as S&C Coach.
- Work with **Muneeb Niaz (CCA Zone VI Karachi Cricketer)** as S&C Coach.