



MUHAMMAD WASEEM

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SUMMARY

Accomplished and inspirational blind cricketer with a strong background in sports massage and training. Over 10 years of experience in competitive blind cricket, known for exceptional teamwork, strategic thinking, and resilience. Certified sports massager and trainer with a proven track record of helping athletes improve performance and recover from injuries. Passionate about promoting sports inclusivity and empowering individuals with disabilities through sports and physical training.

WORK EXPERIENCE

MIT Solutions Grade-II department trainer/ massage therapist	Present
President trophy 2024	
<ul style="list-style-type: none">Provide specialized training and massage therapy to athletes participating in the President Trophy 2024, focusing on enhancing performance and ensuring optimal physical condition.Collaborate with a multidisciplinary team of coaches, physiotherapists, and nutritionists to deliver comprehensive care and support to the athletes.	
Trainer/Physio Massager,Fakhar Zaman Cricket Academy	2021-Present
<ul style="list-style-type: none">Provided tailored sports massage therapies to athletes and clients, helping them recover from injuries, reduce muscle tension, and enhance athletic performance..Designed and implemented personalized training programs focusing on strength, flexibility, and endurance for a diverse clientele, including professional athletes and individuals with disabilities	
Domestic Blind Cricket Team	2018-Present
<ul style="list-style-type: none">Represented the national team in various international and domestic tournaments, contributing significantly to team success and winning multiple championships.Developed and implemented strategic game plans, demonstrating excellent understanding of the game and outstanding decision-making skills.	
Gold Medal in First Prime Minister National Para Games for Visually Impaired Athletes (KPK)	2022
Gold Medal in First National Blind Football & Judo Championship 2023	2023

EDUCATION

S.S.C B.I.S.E Mardan	2010
F.A B.I.S.E Mardan	2012
B.A , AWKUM	2014
M.A (Physical Education) AWKUM	2024

CERTIFICATION

- PSCA Level II**
Awarded by Pakistan Strength & Conditioning Association for meeting the requirements in health and fitness, including training design, prehabilitation, supervision, nutrition, teaching, and coaching. Therefore awarded the title of Certified Strength and Conditioning Coach

ADDITIONAL INFORMATION

- Cricket Skills:** Batting, Bowling, Fielding, Game Strategy
- Massage Therapy:** Deep Tissue Massage, Sports Massage, Rehabilitation Techniques
- Training:** Personal Training, Strength and Conditioning, Flexibility Training
- Other:** Public Speaking, Mentoring, Workshop Facilitation