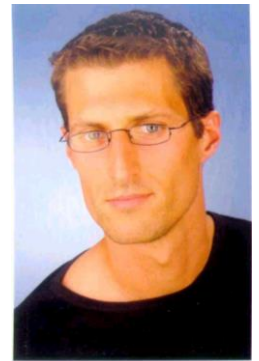


# Curriculum Vitae

**Name:** Grammos  
**First Name:** Ioannis  
**Date of birth:** 14.09.1973  
**Place of birth:** Darmstadt, Germany



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## Schooling:

**1991-1994**                      **High School – in Economics** (Heinrich-Emmanuel-Merck-Schule)  
in Darmstadt, Germany



- Degree German Abitur

## Academic career:

**1995-2002**                      **Diploma (Master degree)** in Sports Science



**German Sports University of Cologne**

**1995-1996**                      • **Basic Studies with Emphasis**  
- “Training and Performance”

**1998-2001**                      • **Main Studies with Specialisation**  
- Football (Trainer profile)

**2001-2002**                      • **Dissertation** in Biomechanics  
- **Title:** Symmetry of kinematic parameters during running -  
“Influence of running speed and step frequency”

**1997 Jan.-Jun.**                      **Erasmus - Studies** (Exchange Program)



**Aristoteles University** in Thessaloniki, Greece.

## Publications:

Grammos I. & Pabst K.

**“Hellas Junioren streben zum Olymp”**  
Theme: Youth Academy Development of  
F.C. PANATHINAIKOS ATHENS



Fussballtraining online – 12/2007 [article in German]

## Presentations

Grammos I. & Samaras I.

“Youth Development by F.C. PANATHINAIKOS ATHENS”  
**ECA – European Club Association Congress,**  
Geneve 09/2010



## Professional career:

### A. 1<sup>st</sup> Teams

Season **2012-2013**



- **Physical Coach** by **ASPIRE ZONE – ASPETAR Hospital**
  - “Excellence in Football Project”
  - **May 2013 Interims Physical Coach 1<sup>st</sup> Team**  
“Al Saliya Sports Club”



Season **2012-2013**



- **F.C. PANATHINAIKOS ATHENS** (1<sup>st</sup> Greek Division)
  - From November **Physical Coach** of **1<sup>st</sup> Team**

Season **2009-2012**

- **F.C. PANATHINAIKOS ATHENS** (1<sup>st</sup> Greek Division)
  - Training sessions for **1<sup>st</sup> Team** players that are out of squad.









Season **2009-2010**

- **F.C. PANATHINAIKOS ATHENS** (1<sup>st</sup> Greek Division)
  - February - **Interim – Physical Coach** of the 1st Team

Season **2006-2007**

- **F.C. PANATHINAIKOS ATHENS** (1<sup>st</sup> Greek Division)
  - **Scouter** for Head Coach Victor Muñoz

## B. Youth Football

- Season **2020-2021**
- 
- **APOEL NICOSIA F.C.**
    - Team **Head Coach 2<sup>nd</sup> Team**
    - **Technical Director of the Academy**
- Season **2019-2020**
- 
- **APOEL NICOSIA F.C.**
    - Team **Head Coach U17 & 2<sup>nd</sup> Team Assistant Coach**
    - from Nov. **2<sup>nd</sup> Team Head Coach**
    - **Head of Physical Coaches U19 – U14**
    - From Nov. 2019 **Technical Director of the Academy**
- Season **2018-2019**
- 
- **APOEL NICOSIA F.C.**
    - Team **Head Coach U17**
    - **2<sup>nd</sup> Team Assistant Coach**
    - **Head of Physical Coaches U19 – U14**
    -
- Season **01/2013-06/2018**
- 
- **Physical Coach by ASPIRE ZONE – ASPETAR Hospital**
    - **“Excellence in Football Project”**
    - **Physical Coach in “Al Saliya Sports Club” for U19, U17, U15, U14 Teams**
- Season **2009-2012**
- 
- **F.C. PANATHINAIKOS ATHENS (1<sup>st</sup> Greek Division)**
    - **2<sup>nd</sup> Team Assistant Coach / Physical Coach**
    - Head Coach in **Strength & Conditioning** in all age groups **U-20, U-17, U-15**
- Season **2008-2009**
- 
- **F.C. PANATHINAIKOS ATHENS (1<sup>st</sup> Greek Division)**
    - **U-18 Team Assistant Coach / Physical Coach**
    - **U-15 Team Head Coach**
    - Head Coach in **Strength & Conditioning** in all age groups **U-20, U-17, U-15**
- Season **2007-2008**
- 
- **F.C. PANATHINAIKOS ATHENS (1<sup>st</sup> Greek Division)**
    - **U-17 Team Assistant Coach / Physical Coach**
    - **U-14 Team Head Coach**
    - Head Coach in **Strength & Conditioning** in all age groups **U-20, U-17, U-15**
- Season **2006-2007**
- 
- **F.C. PANATHINAIKOS ATHENS (1<sup>st</sup> Greek Division)**
    - **U-13 Team Head Coach**
    - Organization / Introduction of the **Strength Training** in all age groups **U-20, U-17, U-15**

## **B1. Achievements**

- Season **2020-2021**
- **APOEL NICOSIA** (1<sup>st</sup> Cypriot Division)
    - **U-19 National Champion** (National League Cyprus stopped after 7<sup>th</sup> League Match)
    - **4 players promoted to 1<sup>st</sup> Team**
    - Satsias (2002) 17 appearances
    - Gavriel (2002) 17 appearances
    - Koutsakos (2003) 5 appearances
    - Kokkinoftas (2003) 1 appearance
- Season **2019-2020**
- **APOEL NICOSIA** (1<sup>st</sup> Cypriot Division)
    - **U-19 Unofficial National Champion** (National League Cyprus stopped after 21<sup>st</sup> League Match because of Covid pandemic)
- Season **2018-2019**
- **APOEL NICOSIA** (1<sup>st</sup> Cypriot Division)
    - **U-17 National Champion** (National League Cyprus)
    - **U-17 Super Cup Winner**
- Season **2012-2013**
- **AL SAILIYA SPORTS CLUB** (1<sup>st</sup> Qatari Division)
    - **U-19 National Champion** (Qatari League)
    - **U-19 National Cup Winner**
- Season **2011-2012**
- **F.C. PANATHINAIKOS ATHENS** (1<sup>st</sup> Greek Division)
    - **U-20 National Champion** (Super League Greece)
- Season **2008-2009**
- **F.C. PANATHINAIKOS ATHENS** (1<sup>st</sup> Greek Division)
    - **U-18 National Champion** (Super League Greece)
- Season **2008-2009**
- **F.C. PANATHINAIKOS ATHENS** (Regional Division)
    - **U-15 Champion**
- Season **2007-2008**
- **F.C. PANATHINAIKOS ATHENS** (Regional Division)
    - **U-14 Champion**

## **C. Other Jobs in Football**

**2013-2014** Workshops / Seminars for QFA (Qatari Football Association) with “Excellence in Football Project”

- **Theme: Performance Analysis in Football**



**2006-2012** Director / Head Coach of the Football Camps „German School of Athens”, Greece



**2003-2005** Youth Football Coach in the Football School of „Club Atletico River Plate” U-14 - Argentina.



Informative preparation of the Olympic Football Team Argentina at the Argentine Football Federation „AFA” (**Asociación de Fútbol Argentina**) for the **Olympic Games 2004 in Athens - Greece** (Head Coach: Marcelo Bielsa, Ass. - Coach: Bonini)



Hospitation at „**Defensores de Belgrano**” in the Youth Football (Inferiores = Argentine Youth Football League U-17).



**2001** Youth Football Coach in the „**TAXOFIT Football-School-Cologne**” U-15 - J. Glowacz & K. Papst, in Cologne – Germany



**2001-2002** Head Coach of 1<sup>st</sup> Team „**SV Hellas Troisdorf e.V. 1971**”



**2000-2001** Youth Football Coach of „**SV Hellas Troisdorf e.V. 1971**”

#### **D. Licences and further education**

**2013** **ISAK** (International Standards for Anthropometric Assessment) Accredited Level 1



**2010** **DFB** (German Football Federation)  
- **UEFA A – Licence (Renew: 2013 / 2016 / 2019)**





**2008** Renewal of the new **DFB** (German Football Federation)  
- **UEFA B - Licence**

**2000** **DFB** (German Football Federation)  
- **Football Coach Licence B**

- 2000 Further education in **Personal Training (Certified: Personal Trainer)**
- 2000 Further education and certification in **Aqua training**

## **E. Football Career**

- Season **2001 –2002** **SV Hellas Troisdorf 1971**  
(1<sup>st</sup> Teams Head Coach and Player)  

- Season **2000 – 2001** **Sportfreunde Siegen 1999**  
(1<sup>st</sup> Team – German 3rd Division / 2nd Team – German 4th Division)  

- Season **1998 – 2000** **TuS Zülpich** (1<sup>st</sup> Team – German 5th Division)  

- Season **1996 – 1997** **Tura Hennef** (1<sup>st</sup> Team - German 5th Division)  

- 1995** **1. FC Köln** (2<sup>nd</sup> Team - on a trial basis)  

- 1995** **SV Darmstadt 1998** (1<sup>st</sup> Team – German 2<sup>nd</sup> Division)  

- Season **1992 – 1994** **SV Darmstadt 1998** (2<sup>nd</sup> Team - German 5th Division)
- Season **1982 – 1992** **SV Darmstadt 1998** (Youth Player – Highest Youth Level)

**E1. Beach Soccer**

**2006**

Player of the “**Greek National Beach Soccer Team**”  
Participation in the “**Beach Soccer Europe Cup**” in Marseille



**2001 – 2002**

Player of the Beach Soccer Club  
„**Beach Soccer Club Turbine Köln 2001**” in Cologne, Germany  
• German and Swiss Champion 2002

**1999**

Organisation of the „**Rheinische Beach Soccer Championships**”  
in cooperation with „**Playa de Cologne**” and the German Sports  
University of Cologne.



**Starting of 1998**

Active Beach Soccer Player

**Languages:**

***Native language:*** German / Greek

***Fluent:*** English / Spanish