

Magnus Ågren Sports Performance Expert

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Sports Performance Expert

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Page 1 **Summary, Key Skills**

Page 2-3 **Experience**

Page 4 **Education and Certifications**

Page 5 **Testimonials**

Page 6 **Call to Action**

Summary:

Dedicated and results-oriented Performance Director/Performance Expert/Strength & Conditioning Coach with over three decades of experience in optimizing athlete performance and fostering a culture of excellence.

Recognized for pioneering strategies that seamlessly integrate rehabilitation, nutrition, mindset, and strength and conditioning to elevate player potential and minimize injury risks. Adept at leveraging cutting-edge tools and methodologies to drive tangible results and cultivate long-term success.

Passionate about empowering athletes to reach their full potential, I bring seven years of experience as a Head of Performance/Head of Medical Team with a SHL Team, along with a track record as Performance Director for the SDHL Team and Juniors.

Key Skills:

- Performance Optimization
- Strength and Conditioning
- Injury Prevention
- Nutrition and Supplementation
- Data-driven Decision Making (Catapult & Firstbeat)
- Holistic Athlete Care
- Team Collaboration
- Strategic Planning
- Leadership and Mentorship
- The Art and Science of Performance

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Experience in brief:

Head of Performance/Head of Medical | [SHL and SDHL Brynäs IF 2014-2021]

- Led performance development initiatives for a top-tier ice hockey team, optimizing player performance and recovery strategies.
- Implemented innovative training methodologies and recovery protocols, resulting in enhanced player readiness and on-ice performance.
- Collaborated with coaching staff to align performance goals with team objectives, fostering a culture of excellence and accountability.

Performance Director | [Junior Teams Brynäs IF 2014-2021]

- Directed performance programs for junior ice hockey players, focusing on foundational skill development and injury prevention.
- Structured comprehensive player assessments and implemented tailored training plans to maximize player potential and readiness.
- Mentored coaching staff on performance optimization techniques, fostering a culture of continuous improvement and player development.

Consultant | Various Leagues and sports

- Owner and Sport Performance Expert – BodyTech, Sthlm since 1991
- Provided expert consultation to ice hockey players, coaches and/or teams across prestigious leagues, including the NHL, SHL, NL, DEL, Tipa, Liiga, SDHL, AHL and KHL.
- Developed personalized performance enhancement strategies for individual players, resulting in improved on-ice performance and career longevity.
- Conducted workshops and seminars on performance optimization, sharing insights and best practices with coaching staff and players.
- Trained Hockey Players competing at the Olympics and World Champion Ships
- Trained World Class Swimmers, Including Stefan Nystrand over several Olympics and helped him set World-Records
- Trained and prepared Athletes from different sports, such as Wrestling, Handball to name a few, to compete at World Championships, European Championships, and the Olympics
- Trained and prepared Golf players for the European Tour

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Other Experience | Various – More information given if needed.

- Managed and Owned Gym
 - Fairing Gym
 - Functional
- Helped develop Supplements aided to enhance Sleep and Focus:
 - Fairing
- Lectured in Scandinavia for three different Supplement Companies:
 - Fairing
 - Maxim
 - WNT
- Lectured extensively about training, nutrition, rehabilitation, and performance for:
 - Hockey
 - Golf
 - Swimming
 - Fitness
- Written several articles about training and health.
Including publications such as, but not limited to:
 - Fitness Magazine (Swe)
 - Fighter (Swe)
 - Golf Digest (Swe)
 - Plaza Woman (Swe)
 - RedTee (Swe)
 - Exhale (Swe)

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Education/Certifications at a glance:

- EXOS Performance Specialist (EXOS)
- CAFS (Gray Institute)
- PICP Level 2 (Poliquin Group)
- 3D Maps (Gray Institute)
- Posturepro Practitioner Module 1 & 2 (PosturePro)
- Certified Golf Fitness Instructor (TPI)
- RPR Level 2 (Reflexive Performance Reset)
- Massage Therapist (Axelsons Institute)
- Neurofundamentals (Z-Health Performance Solutions)
- Golf Biomechanics (CHECK Institute)
- Advanced Personal Trainer (Personal Training School)
- Certified Conditioning Coach (Bioforce)
- Certified Personal Trainer (Fitness-Education)
- Biosignature (Poliquin Group)
- PIMST (Poliquin Group)
- Lic. Kettlebell Instructor (ELEIKO)
- Trigenics (Trigenics® Treatment System)
- Sports Injurie Prevention Course (Personal Training School)

(More educations and courses by request, to many to mention here)

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Testimonials:

"I first met Magnus when I was a player in Brynäs in the SHL. He was my strength and conditioning coach for two years. He is one of the most knowledgeable strength and conditioning coaches I have had the privilege of working with during my 15 years as a professional hockey player..."

Kevin Clark - DEG, and former DEL Champion with Eisbären Berlin

"I've continued to work with and discuss new ideas with Magnus, and can say he's truly unique in his approach to continued education and blending of old and new techniques to push the boundaries of performance."

Ryan Gunderson – HC Fribourg-Gotteron

"I met Magnus in spring 2018 when playing for Brynäs. During my time there I needed complex knee surgery. The MD told me that the rehab would take time, up to 12 months, and that "maybe" I could be back playing! He took charge of my rehab, pushed and motivated me every day during this period. Against all odds I played 7 months later, and I still do - better than ever."

Joacim Eriksson - Schwenninger Wild Wings

"I played hockey for 10 years in Europe and there was no one even close to as good of a trainer as Magnus. He is truly one of the best trainers in the game and any team would be lucky to have him."

Marc-Anthony Zanetti – Retired Professional Hockey Player

" Any team or organization would be lucky to have Magnus."

Jonathan Sigalet - Hockey Development Coach | Retired Professional Hockey Player

"Best guy around! Very personable and knowledgeable!"

Nick Johnson - Sport and Performance Psychologist (Provisional) | Retired NHL and Pro Hockey Player

"Magnus always push himself to further his knowledge to evolve himself and the players."

Johan Stark - General Secretary Swedish Ice Hockey Association

"Magnus is very well educated, knowledgeable and meticulous in his profession. He is always up to date and well-read in his area of expertise, which makes you feel a great deal of trust in him."

Tommy Jonsson – Retired Head Coach | Swedish Champion with Brynäs IF

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Call to Action:

Schedule a Consultation:

Let's discuss how my expertise can elevate your team's performance. Contact me at [coachmagnus@gmail.com] to schedule a consultation.

Learn More:

Explore my methodologies and insights on my website, [Magnus Ågren](#).

Connect on LinkedIn:

Stay updated on the latest developments and insights by connecting with me on LinkedIn, [Coach Magnus](#).

Get free eBook Recovery Manual, [Here](#)

Additional references and information available upon request.

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