

Personal record

Curriculum vitae



Personal one data:

Name: Uwe Hakus

Born: June 20th, 1963

Resident: Växjö / Sweden and Berlin / Germany

Telephone: + 4676-0570403 Mail: uwe.hakus@googlemail.com

Education:

1970 - 1982 Poly-technical primary / secondary schools / Sport school - High School

Sporty development:

Since 1970 Athletics in sport club and sport school (GDR/High Performance System)

1980 - 1984 Football

University:

1984 - 1988 Sport Science (German University for Physical Education in Leipzig/DHfK)

1986 premature diploma conclusion in sport science (summa cum laude)

1986 Graduation "A", range sport medicine (PhD-Candidate)

(Mentor: Professor Dr. H. Schmidt /Professor Dr. K. Tittel)

Degree/Diploma in sport science and physical education teacher

1991 Coach License for High Performance

2009 Certification for EFQM Sport Management

Occupation:

1979 - 1980 training supervisor license (grade 1-4 in athletics)

1984 - 1986 during study coaching/training in the Athletics Federation/Club

1984 - 2000 Member of research team in Sports Science and Sports Medicine (Leipzig/Berlin)

1986 - 1988 Assistant Coach / National Coach in athletics (Sprint/Hurdle/Relay)

1988 - 1990 National Coach of the GDR Sprint/Hurdle (youth/junior)

1991 - 2006 National Coach of Germany Sprint and Hurdle

1991 - 2000 Sport Scientist at the Olympic Centre Berlin / High Performance Sport (Responsible of all kinds of Olympic Sport)

1994 - 1998 National Coach of the National Hurdle Team (youth/junior/senior)

Since 1991 Consultant for international athletes, coaches and sport scientists

1998 - 2006 Head Coach in Athletics (youth /junior/senior Sprint/Hurdles/Relay)

2002 - 2006 Supervisor in football (football Bundesliga-academy Hertha BSC)

2006 - 2009 Senior Coach in Aspire / Qatar

2009 – 2013 Head Coach and QAF-Coordinator in Athletics (Aspire / Qatar)

2013 Director Sport at High Performance Center / Växjö

Participation in conferences, training courses, lectures, coaching education (national/international) as a lecturer

Languages: German, English, Russian, Spain, Arabic (handling), Swedish (in progress)

High Performance Center Sweden
Sport Director
Since 2013



1. Vision and Mission
2. Creating an efficient infrastructure for peak performance in terms of culture, structure and systematic work in the long term view (priorities and emphasis on summer and core sports)
3. Developing and Control the strategic plan of competitive sports in the region and whole country
4. Instilling a high performance culture amongst the coaching and support staff through the adoption of best practice management and innovation
5. Control - in coordination with all Sports Federation and other partners - on development of Sweden sport focus on kids/youth sports to the world leaders
6. Important examples of the coordination of national and regional interests are regional approaches and cooperation agreements with professional sports organizations that help implement it in day in day care work on athletes
7. Support to the regional sport to led the elite sports schools and partner institutions (Universities) in more efficient integration of high performance and academic education
8. Regulates cooperation agreements with schools, clubs, universities / colleges and training institutions that students and trainees received top, sport and connect compatible conditions with optimal performance sports training
9. Influence on a demand-oriented provision of training times in the sports facilities, founded and initiated necessary construction and renovation projects, as well as measures for structural maintenance
10. Offers all the federal level athletes a holistic sports medicine, physiotherapy, training, science, sports, psychological and social care services
11. Implement monitoring systems and KPI matrix to enable continuous and objective evaluations of such high performance sports development programmes
12. Built up an Talent Identification Program
13. Set up an Long Term Development Program for all sports
14. Differentiation of individual support in areas (Sport/Education/Science/Medicine/Life Care)
15. Specific targeted recruiting
16. Annual and multi-year financial plan
17. Cooperation with the politics in the districts, region, government

Team Leader, Head Coach and Senior (Qatar)
2006 – 2013



1. Achieving world class results and medals
2. Total responsibility to build up a sport development system for athletics in Aspire/Qatar
3. Developing of the athletics long term program in partnership with school program
4. Responsible person to represent the athletics team in all meetings of the federation as well as the Academy
5. Responsible coordinator of all tasks specified in context of yearly planning
6. Total responsibility for the planning and control of the use of the assigned budgetary appropriations for the entire team
7. Preparation, organization and line of the team
8. Responsible for the conception development of all disciplines
9. Updating and conversion of the discipline development concepts
10. Recapitulate evaluation of the yearly analyses in the team
11. Suggestions on the personnel employment
12. Organization of the basic and advanced training of the disciplines of the team and responsibility for the updating of the framework training plans
13. Organization, preparation and co-operation with the training-science group
14. Responsible Person of the team in the directors meeting
15. Close cooperation with the Sport Director in terms of Structure/Strategy
16. Person of the team in committee's International Athletics Federation
17. Close Cooperation with the regional organizations, education programs, schools



Team Leader (Head Coach in German Athletics Federation)

1. Achieving world class results and medals
2. Responsible guidance person of the Sprint/Hurdle/Relay teams regarding new generations and Top Athletes in the context of the federation-political tasks as well as the defaults achievement sport
3. Total responsibility for the sporty development of the athletes and multi-yearly planning
4. Responsible person for coordination and preparatory work for specific tasks of department of sport for all in the context on yearly planning
5. Total responsibility for the planning and control of the use of the assigned budgetary appropriations for the entire team (Budget)
6. Preparation, organization, consulting and line of the team
7. Responsible to create the long term development plan for the disciplines sprint, hurdles and relays, from new generation up to the top
8. Updating and conversion of the discipline development concepts
9. Treatment and recapitulate evaluation of the yearly analysis in the team
10. Suggestions for new employees
11. Organization of the basic and advanced training of the discipline teams and responsibility for the updating of the framework training plans
12. Organization, preparation and cooperation with training-science
13. Represent the team in the directors meetings/ department of achievement sport
14. Represent the team in committee's German athletics federation
15. Co-operation with the regional organizations and leading national coaches (new generation) country widely, Talent Identification (TID)
16. Guidance of athletes and coaches at international competitions
17. Developing the international relationships

Content wise tasks as coach of the national team and team leader



Discipline-Coach (National Coach):

1. Achieving world class results and medals
2. Responsibility for the sporty development of the assigned disciplines and the conversion the discipline development concept and in the yearly planning of specified goals and tasks
3. Development and annual updating of a master planning the specific discipline on the basis framework training plan for the assigned athletes (new generation and top athletes), as well as cooperation and updating of the discipline development concept with all responsible persons (Teamwork)
4. Consulting coaches for the training and competition planning (LTD)
5. Planning and execution of central, decentralized and local training and competition measures in the context of yearly planning
6. Evaluation of the accomplished measures in accordance with the valid guidelines of the federation
7. Preparatory work regarding all tasks and dates specified in the context of the yearly work planning of the department of achievement sport
8. Half-yearly analysis and regular reporting over the assigned discipline range
9. Co-operation with the regional organizations regarding a systematic and improved advancing young talents to top athletes (TID)
10. Evaluation of the supporting measures and suggestions on the improvement within the discipline
11. Cooperation in the basic and advanced training with all discipline teams and responsibility for the updating of the framework training plans
12. Co-operation with the sport science group
13. Co-operation with the regional organizations and leading national coach country widely
14. Guidance of athletes and coaches during national and international competitions

Content wise tasks as coach of the national team and team leaders



Personal coach:

1. Achieving world class results and medals
2. Fulfil regionally and locally tasks, with own athletes and other tops of other discipline groups.
3. Crucial person during the conversion of the discipline promotion concepts and regional concepts
4. Responsibility in direct arrangement with association coaches and new generation coaches, for the training and match planning as well as execution at the location
5. Assistance for the security of the physiotherapeutic and sport-medical support in the context of the base work
6. Consultation of the home coaches for the training and match planning
7. Regular reporting over the sporty activities and evaluation of the supporting measures at the base. Of sighting and suggestions on care in new generation of athletes and coaches
8. Co-operation with the regional organization regarding a systematic and improved advancing from recent talented athletes within the new generation
9. Organization and promotion of base-oriented new generation measures
10. Cooperation in the basic and advanced training of the national professional association
11. Receipt and structure of high performance education
12. Organization of the local athletic



Occupation results:

Educating, Shifting and development from youth athlete to internationally successful Athletes/Participants by

Olympic Games (1988-2016), WCC, ECC, World Cup and Europe Cup, Asian Games

(As personal and national coach achieving more than hundred medals national & international, just a few names)

Ingo Schulz (400m World 2001) ,Florian Schwarthoff(110mH Bronze OG Atlanta 1996), Mike Fenner (OG/110mH), Erik Kaiser (WJC-Decathlon/110mH), Ralf Leberer (OG-110mH) Ivo Burkhardt (EC-110mH), Jerome Crews (WC-110mH), Florian Rentz (EJC-100m/200m/4x100m), Sven Goehler (WJC110mH), Ronny Ostwald (OG-100m/200m) Kai Doskoszynski (100m/110mH/4x100m/), Markus Hohnke (110mH), Herweg Krantz (WJC-110mH), Helene (EJC-100mH/400mH) Sebastian Ernst (OG-200m/9th) , Dietmar Koszewski (OG-110mH), Frank Wiechmann (OG-400m) Filip Bickel WJC-110H and many other more.

(All medal winners or finalists at the Olympic Games, WCC, ECC, World Cup and Europe Cup in the youth – juniors – seniors)

Development of foreign athletes as personal coaches and consultant

Franki Fredericks (NGR) 100/200m Elmar Lichtenegger (AUT) 110mH 13.31 Leo Hudek (AUT) 110mH 13.81 Tatsuo Sugimoto (JAP) 100/200m 10.19/20.71 Saturo Taningawa (JAP) 110mH 13.34NR Yoshi Saito (JAP) 400m H 48.53 Roger Mocke (Congo) 100m/200m 10.30/20.74 and many more

Qatar Aspire Results (since 2006)

2006 – Built up a Center for Sport in Qatar, ASPIRE ACADEMY (Structure&Strategy)
 2007 – World Youth Championships (Hassan Aman,Eid Al Kuwari,Salman Al Mannai)
 2008 – World Junior Championships (Thamer Nasser 100m)
 2009 – World Youth Championships (Mohammed Waleed, Eid Abdullah 100/200m)
 Moh Al Mannai (Octathlon/Silver medal)
 2010 – World Junior Championships and Olympic Youth Games
 (Saif Sabbah 110mH and Mohammed Al Manai Decathlon)
 2011 – World Youth Championships (James Kwabena 100m and 200m)
 2012 – Olympic Games (Motaz Bershaw Bronze / HJ / former Aspire athlete (6years)
 2013 – Preparing 4 Athletes to the World Youth Championships
 Many of medals by GCC, Arab Championships and also Asian Championships

Schweden Results (2013-2016)

2013-15 – Swedish Champion and Participants by WJC, EC, WC
 Elise Målberg (Heptathlon/400mH) Alexander Brorsson (100m/200m/110mH/Relay)
 Elinore Hållin (100mH) Lisa Linnell (Heptathlon)
 Markus Nilsson (Decathlon 8100Pts)

Work-Description as a Sport-Scientists
High Performance Sport Center / Olympic Center Berlin
1991 - 2000



Development a HPC for sport in Germany/Berlin (Structure and Strategy)
Scientific analysis and support of training process for top athletes with the emphasis of biomechanical methods and complex quick information systems

1. Scientifically conceptions, structure and independent justified various methods and proceedings in different kinds of sport, safety device of the compatibility to developments of methods in the central sport associations
2. Scientifically justified conception, structure and various kinematic methods and proceedings in different kinds of sport, in this connection independent development of new scientific realizations to the sporty movement and technology in different kinds of sport
3. On-going development of a high level and continuous scientific support of the assigned biomechanical investigation procedures and methods in the achievement diagnostics and training control of numerous kinds of sport, close cooperation in justified learn-theoretical concepts to the optimal information sharing on highest level
4. Scientific support of various biomechanical research methods, the laboratory places, the measuring positions etc. as well as their control with the support staff, responsible for the purposeful employment of these methods during the long-term development of top athletes
5. Development of meaningful tests and analysis for the effectiveness of biomechanical investigation procedures for the long-term development of the sporty achievements in numerous kinds of sport and/or during the preparation of athletes on sporty high points
6. Conception as well as co-operation when planning, procurement and development of objectification techniques (measuring positions, complex information systems) for numerous kinds of sport
7. Information of training practice about the conditions and the developments of procedures in the Centers; indication of procedures, the technology and the interpretation
8. Constant development of the conditions of the use of investigation procedures for the diagnostics and training control for top athletes of many kinds of sport, proof of the usefulness of these methods to increase the performance and close co-operation with athletes and coaches
9. High status of information over newest developments and trend in the area of the biomechanics and movement science (high performance)
10. Assumption from tasks to the safety device of the full function of the Olympic Center (cooperation in PR measures, preparation of meetings, support of visitors etc)

Concluded scientific university education