



SKI MANAGEMENT

CHANGE STARTS TODAY

arssporttraining.ch



PROFESSIONAL RECORD

2017 – to date

- Private trainer & coach for FIS World Cup athletes
- Coach of Chinese athlete for Olympic Alpine
- Ski Team 2022 Beijing
- Founder of the ARS Gym
- Education in nutrition like strength training with Unsöld
- Ski teacher & lead trainer Ski school St. Moritz

2014 – 2017

Head cardio & strenght trainer upper Engadine

2010 – 2013

Cardio trainer at the Lyceum Alpinum Zuoz

2007 – 2010

Cardio trainer at the Skiclub Celerina

ABOUT

My name is Armando Stöhr and I was born and raised in the beautiful Engadine valley. During my youth, I was very attached to alpine skiing and there was almost nothing else I focussed on. As well as training on the snow, I have found that it takes much more than that. For a skier to be successful, he or she must master many aspects, which is why I did not only concentrate on skiing but also on other areas of trainings. The same as in skiing, I have gained experience through education in the various fields needed to be a complete competitor so that I can respond to each athlete's needs and bring them to the next level. I enjoy sharing my experience with people and I have been fortunate enough to make my hobbies my profession - and this motivates me every day.

QUALIFICATIONS OR EDUCATIONAL RECORD

FMS-Test Certificate (Functional movement screen)

2008 | MA Sport coaching at Dr. Gottlob Institute Germany

Majors: Strength & cardio training Rehabilitation training

Regular 1:1-Sessions on strengths & cardio training with Arno Gallmarini

2005 | Ski alpine trainier programme Swiss-Ski (Federation)

2004 | Ski alpine expert @ Swiss Snow Sports

LANGUAGES

German, English, French, Italian, Romansh

PROFESSIONAL SKI MANAGEMENT

In order to maximize an athlete's potential, this program emphasizes numerous training areas.

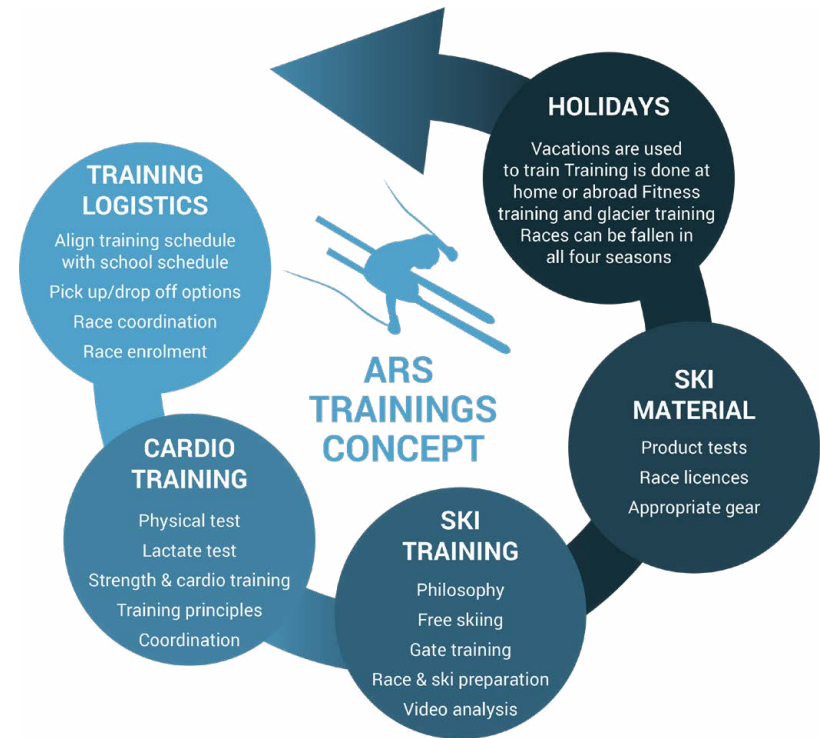
Technical skiing skills are trained on snow using an individually designed approach based on a strong physical and mental foundation. The training will emphasize not only the physical aspect, but also the mental aspect as well. Athletes learn more about self-assessment of their performance and how to manage difficult situations as well as positive experiences.

In cooperation with the Lyceum Alpinum Zuoz, we develop a unique training and school plan for each student interested in this package. This program can be used for many purposes. There is a wide range of opportunities, from achieving results in skiing to gaining an additional reference for your CV to obtaining a scholarship.

STRENGTH TRAINING

Strength training with personal attention!

Benefit from strength training with your personal trainer who will push you with exercises that fit your needs and gives tips and feedback on your performance.



SLOPES TRAINING

Slope training on a great variety of slopes!

Choose from ten different training slopes
Slope selection according to the level of each individual athlete
Morning and afternoon training sessions
Night slalom training sessions twice a week
Training schedule planned in consultation with each individual athlete
All slopes within easy reach thanks to the ARS shuttle service

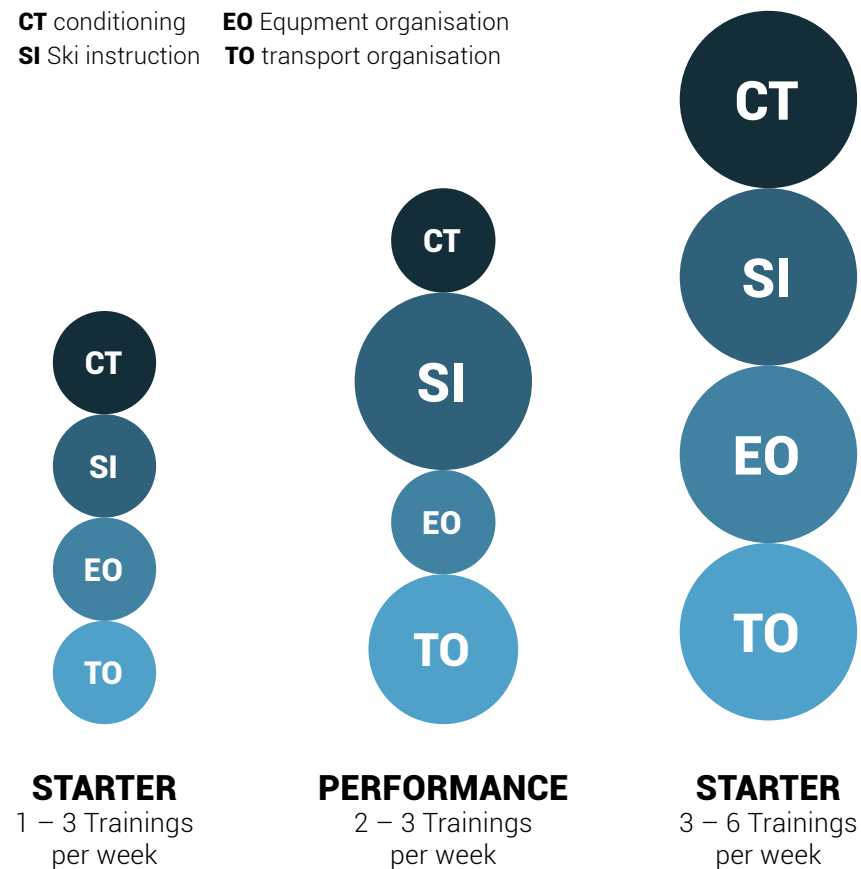


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PRICING STRUCTURE

Amount of the fee depends on the selected package as well as the number of trainings per week.

CT conditioning **EO** Equipment organisation
SI Ski instruction **TO** transport organisation



Please contact me for more details:
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ARS SPORTTRAINING

I am a coach who loves and lives sports.

My trainings are individually tailored, personally supervised and prepared and take account the specifics of each person. Pricing depends on the type of training plan and training environment selected.



scan me

For detail information check out my website
arssporttraining.ch or call me **+41 79 319 68 72**