

WALES (Newport)

Dave Rowe

After suffering a serious injury playing rugby, I developed an interest in sports medicine and rehabilitation in the hope that a hole left by a premature end to my sporting career could be filled by working to help other sportsmen and women.

I am now the resident Sports Massage Coordinator & Practitioner at the Sport Wales Institute, having qualified with a RSA diploma in Sports Massage Therapy ((Level 4) in 1994 and secured a position as a consultant to Sport Wales in 2005.

I have been very fortunate to have worked with some of the great and good of Welsh sport since I started out in 1994. From athletics, where I've worked at the Welsh Athletic Championships, and both Cardiff's full and half marathons, to the Wales senior rugby squad." Having also worked with Premiership and Championship football teams, Fulham FC, Cardiff City FC and West Ham FC, I am currently Sports Masseur to the Wales senior football squad, covering over 100 games and travelling extensively throughout Europe and beyond.

I regularly work with Wales' rising and current sporting stars including Helen Jenkins, Brett Morse, David Davies, Georgia Davies to name just a few and with most sports, including athletics, swimming, judo, gymnastics, boxing, disability sports, shooting, weightlifting and cycling.

Having gained much practical - at various levels from student, self-employed, part and full time employed - and administrative experience, I would like to pass on my knowledge and help fellow soft tissue practitioners in Wales. At the same time, helping to achieve and deliver the aims of the Sports Massage Association. The establishment of a strong network with regional meetings throughout Wales, being key to this vision.