

GENADIJUS SOKOLOVAS, Ph.D.

Working Experience

USA Pentathlon, High Performance Director

2010 – present

- Developing high performance training programs for elite level pentathletes
- Implementing the High Performance Plan
- Recruiting elite level athletes to pentathlon
- Coaching resident athletes at the Olympic Training Center in Colorado Springs
- Physiological and biomechanical tests for pentathletes
- Conducting athletes and coaches education
- Staff liaison for Youth Development Program

Global Sport Technology, Senior Physiologist

2005 – present

- Developing testing programs and databases for various services (SwiMetrics, Lactate Clearance, Lactate Heart Rate Profile, Strength Tests, Relative Endurance, Seasonal Training Design, etc.).
- Developing vibration treatment/training protocols for physical therapy and various sports.
- Testing, evaluating, and consulting athletes from various sports (swimming, triathlon, football, baseball, modern pentathlon, water polo, wrestling, and others).
- Developing training design software (Peak Performance, E-Coach, SwiMetrics).
- Preparing educational materials for athletes and coaches on training, recovery, and nutrition.
- Conducting clinics and testing for elite level athletes and coaches from various countries (Great Britain, Italy, China, Turkey, Korea, Lithuania, etc.).

USA Swimming, Director of Physiology and Director of Sport Science

Colorado Springs, CO

January 2000 – 2008

- Development of testing programs and databases for USA Swimming National Team members (lactate clearance, land/water strength, swim power, biomechanical analysis, training design, and others).
- Testing, evaluation, and consulting of USA Swimming National Team athletes and coaches before and during all major international competitions and Olympic Games from 2000 to 2008:
- Testing, evaluation, and consulting of all USA Swimming National Team swimmers from 2000 to 2008, including Olympic Gold medalists and world record holders Michael Phelps, Natalie Coughlin, Dara Torres, Jenny Thompson, Ryan Lochte, Aaron Peirsol, Brendan Hansen, Ian Crocker, Katie Hoff, Kate Ziegler, Misty Hyman, Amanda Beard, Tara Kirk, Megan Quann-Jendrick, Neil Walker, Gary Hall Jr., Anthony Ervin, Ed Moses, Lenny Krayzelburg, Jason Lezak, Cullen Jones, and others (more than 2,000 World Class swimmers have been tested).
- Feedback and advices to many coaches and athletes in various Olympic sports (swimming, triathlon, modern pentathlon, fencing, wrestling, and others).
- Numerous presentations for coaches and athletes on training, adaptation, recovery, nutrition, altitude training, warm up, cool down, biomechanical analysis, use of testing results, and other topics.

Research Experience

Primary Areas of Research:

Long-term and short-term adaptation in sport, exercise physiology and biochemistry, computer programs in sports, training methodology, and biomechanics.

Global Sport Technology, Senior Physiologist

2005 – present

USA Swimming, Director of Physiology and Director of Sport Science

Colorado Springs, CO

January 2000 – 2008

**Lithuanian Academy of Physical Education, Coaching Faculty
Kaunas, Lithuania
Dean of Coaching Faculty, Scientific Advisor of Lithuanian Swimming, Modern Pentathlon and
Track & Field, The Head of Laboratory of Computerization in Sport, 1992-2000**

**Lithuanian Academy of Physical Education, Swimming Department
Kaunas, Lithuania
Head of Labor of Swimming Physiology, Scientific Advisor of Lithuanian Swimming, 1987-1992**

**Russian Academy of Physical Education, Swimming Department
Moscow, Russia
Research Assistant, 1984-1987**

**Lithuanian Academy of Physical Education, Swimming Department
Kaunas, Lithuania
Research Assistant, 1981-1983**

Education **Russian Academy of Physical Education, Swimming Department
Moscow, Russia, 1984-1987**
Ph.D. Student in Physical Education and Sport
Awarded Ph.D. (Doctor of Science) in Physical Education and Sport in 1988.

**Lithuanian Academy of Physical Education
Kaunas, Lithuania, 1979-1983**

Patents Body Vibration Generator Having Attachments For Exercises To Target Body Regions.
United States Patent No.: US 7,238,143 B1, July 3, 2007.
Vertical Swim Trainer, United States Patent No.: US8647239 B1, February 11, 2014

Citations

- My work, interviews, and ideas have been cited in many national and international sport magazines, newspapers, and web sites (more than 1,500 citations on the web sites).
- Many web sites and magazines reprinted my articles and interviews.

Quotes

- **Michael Phelps (14-times Olympic Gold Medalist):** “Genadijus, You’ve Been Such a Huge Help!! Couldn’t Do It Without You!!”
- **Dara Torres (5-times Olympian, multiple Olympic medalist):** "Having Genadijus work with me throughout my comeback helped so much! Everyone kept telling me how perfect my stroke was, but underwater there were specific things that needed to be fixed. No one could see that until Genadijus tested me. The fact that Genadijus took the time to work on even the smallest of things helped me be the best I could be, and reach my goals, and for that I am extremely grateful."
- **Jason Lezak (3-times Olympian, multiple Olympic medalist):** “Throughout my many years of working with Genadijus he has helped me in many ways. The lactate testing and analysis both at meets and practice taught me how to maximize my training and performance. Also the underwater video analysis with the velocity curve showed me how I could improve my stroke through the weaker points where my velocity significantly dropped.”
- **Peter Vanderkaay (2-times Olympic Gold Medalist):** “Dr. Sokolovas always uses cutting edge technology that is extremely beneficial in stroke refinement and training philosophy. I have worked with Dr. Sokolovas for many years now and I can honestly say that he has helped me reach my potential in the pool. I would highly recommend working with him if you want to be one of the best swimmers in the world.”
- **Randall Bal (2-Time World Record Holder, Six Timer American Record Holder, World Champion):** “Genadijus, it has been an honor to have worked with you over the past 8 years. Without your help, I would still be trying to make finals rather than bringing home medals for the USA. You are the best, just this past year we were able to sit down and make necessary changes to my backstroke as you described, once implemented I

ended up breaking two World Records! Thanks for your generosity and being an asset to my career. I am fully confident to say that with your knowledge, hands on approach, and attention to the finest details any athlete that works with you will have a chance to see what was holding them back from being at the top level in their sport.”