

# Cam Birtwell MSc CSCS

podiumstrength@gmail.com | cambirtwell.com | 1.250.418.1329

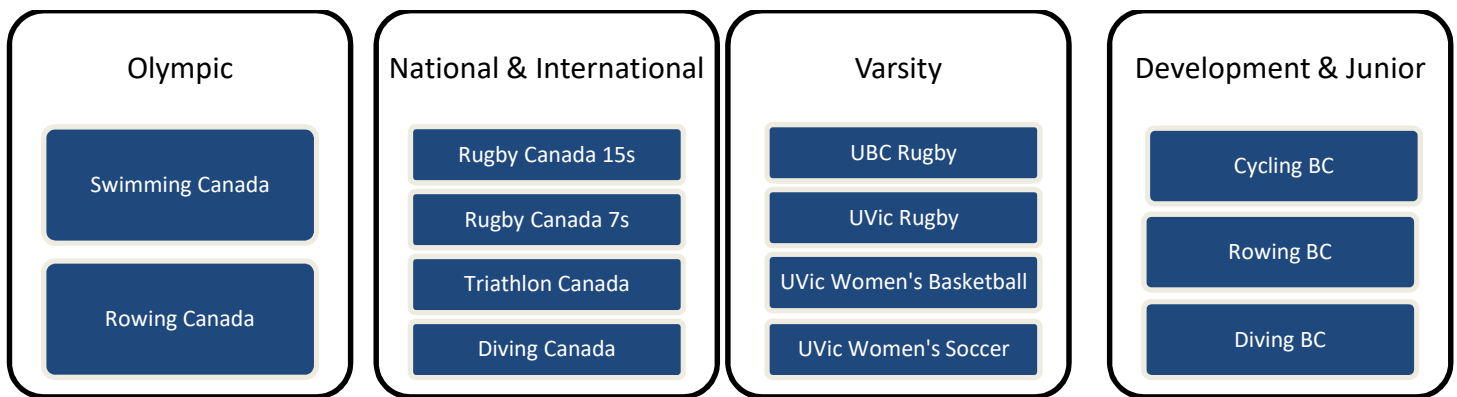
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Cam is a professional Strength & Conditioning Coach and Sports Scientist with over 20 years of experience. He blends innovative training strategies with proven time-tested techniques for making athletes stronger, faster, and more resistant to injury.

Cam was heavily involved in the preparation of over 14 Olympic and Paralympic athletes and teams during the 2008 and 2012 Olympic Games including 5 medallists. He was also a Strength & Conditioning Coach for Rugby Canada in the lead up to the 2007 Rugby World Cup and through the 2008 Rugby Sevens World Series.

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## Current and Past Clients



## Other Relevant Work Experience

Sessional Lecturer and Lab Instructor, University of Victoria. School of Exercise, Physical Health & Education. 2006-2009

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## Education and Certifications

Bachelor of Education – Human Kinetics. University of British Columbia, 2001

Master of Science – Exercise Physiology. University of Victoria, 2007

NCCP Olympic Weightlifting Level 1 – 2001 USAW Club Coach Certification – 2013

CSCS – 2001 to 2015

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## Special Skill Sets

