## The Australian Strength and Conditioning Association Inc.

**Certify that** 

## Mr Komarudin

Has met the requirements established by the Australian Strength and Conditioning Association in the areas of Strength Training and Physical Conditioning for beginner athletes including program design, supervision of, teaching and evaluation of and has therefore, been accorded the title of

## Level One Strength and Conditioning Coach

From the 29<sup>th</sup> of October, 2010







