

# DIRECTOR BIOGRAPHY

Dave Rowe

WALES



Qualifying as a sports massage therapist in 1994 with a Level 4 accredited RSA diploma in Sports Massage Therapy; Dave started off in private practice in Cardiff working with the general public, amateur and semiprofessional athletes. In 1997, he accepted an opportunity to work with the Wales football team and in 2005 added Sport Wales Institute of Sport's Olympic, Paralympic and National athletes to his portfolio. He took a development break from Sport Wales in 2008 to join West Ham United in the Premier League, eventually returning to Sport Wales to continue working with a broad cross-section of high performance athletes. His experience within this environment provided a springboard to selection for Team Wales at the 2014 and 2022 Commonwealth Games as Lead Soft Tissue Therapist. Alongside his Sport Wales work, Dave continues to work with the Wales football team and was soft tissue therapist at the 2016 European Championships. He now assists the Wales Under 21's squad to transition along the pathway to senior football. He also fulfils a Lead Practitioner role at Pro Sports Medicine in Cardiff.

Dave is passionate about promoting the benefits of soft tissue therapy to maximise general health, well being and performance - with a particular interest in physical preparation, self-management and recovery.