

Dr Sacha Fulton
Accredited Sports Scientist
Athlete Preparation Specialist
PhD (Sports Physiology)

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Resume of Dr Sacha Fulton

Career Objective

Driven by a deep passion for athletic development and high performance, I aim to leverage my extensive expertise in sports science, athlete preparation, and holistic wellbeing to empower individuals and teams to achieve their full potential. With over 20 years of experience working with Olympic, Paralympic, and emerging athletes, I am committed to fostering resilience, enhancing leadership skills, and promoting mental, physical, and emotional excellence. My goal is to collaborate with organizations, clubs, and schools to unlock greatness and cultivate elite mindsets that transform lives both within and beyond the sporting arena.

Key Competencies

Sports Science Coordination and Delivery: Expertise in planning, executing, and managing sports science and sports physiology services across various levels, including sub-elite, national teams, state institutes, schools, corporate programs, and high-performance environments.

Leadership Coaching and Development: Skilled in providing executive leadership coaching, leveraging scientific best practices to design and deliver tailored solutions for businesses, teams, and athletes across industries.

Athlete Preparation and Wellbeing: Proficient in developing holistic programs that address physical, mental, emotional, and social wellbeing to enhance athlete performance and resilience, both on and off the field.

Complex Concept Simplification: Strong ability to break down and explain complex scientific and performance-related concepts in a clear, relatable manner, enabling clients to understand and apply them effectively.

Workshop Design and Facilitation: Extensive experience in creating and delivering engaging workshops and seminars on topics such as sport science, mental health, leadership, and athlete optimization using industry best practices.

Educational Expertise: Skilled in equipping athletes with knowledge and tools related to nutrition, hydration, sleep optimization, recovery practices, and elite preparation routines, tailored to male and female athletes.

Athlete Leadership and Mentorship: Proven ability to develop self-awareness, emotional intelligence, and leadership capabilities in athletes, preparing them for roles as captains, team leaders, and role models.

Administrative and Management Experience: Comprehensive experience managing programs, institutes, and teams at both organizational and athletic levels, ensuring efficient operation and effective service delivery.

Team Supervision and Mentoring: Adept at leading, mentoring, and guiding small teams and individual service providers to deliver high-quality performance support.

Mental Resilience Training: Expertise in promoting mental fortitude, emotional resilience, and coping strategies for handling setbacks, anxiety, and competition pressure.

Cultural Development in Teams: Skilled in fostering positive team environments by driving trust, collaboration, and inclusivity, enabling teams to thrive under high-pressure conditions.

Sports Medicine Integration: Experienced in coordinating and delivering integrated sports medicine services, including injury prevention and recovery strategies.