

Geneva, 14, November 2019

Training with Dominic helped me discover there were far more effective ways of achieving a high level performance in preference to the methods I had previously been taught my entire career, which were definitely not on the healthy side of things.

Not only did Dominic help me pursue my dancing career a little while longer, his program also allowed me to reach my healthiest and by far happiest times as a dancer.

In ballet you are always taught that the skinnier you are, the greater a dancer you will be. My Company set almost unreachable objectives for me, skills that required strength and flexibility all at the same time as they were asking me to lose a considerable amount of weight and putting me on diets that would scare to death any dietician.

As I was struggling to stick to the meal plan and finding going to the gym as a chore after having already danced for 8 hours straight, I met Dominic. He showed interest for my way of training and as we got talking, he offered to help me out.

For me this changed everything, and going to the gym starting being fun. Together we created a workout plan I still use to this day and that fellow ballerinas have now copied. Dominic, who didn't know much about ballet at the time, was still able to come up with exercises that helped me develop the muscles I needed to achieve jumps, turns etc. but without bulking.

He understood that I had to train in a certain way to develop lean looking but strong muscles. Dominic also helped me rearrange the meal plan I was given. We both agreed the amount of calories a day I was allowed was ridiculously low, but he understood this was part of my job and never questioned or judged me for it, which is something I could not find in any other personal trainer or dietician I talked to. Instead, Dominic worked out a way to add the right elements to the plan and still respect the amount of calories allowed.

Little dietary ideas from Dominic worked well; like water with lemon and honey or other savoury recipes like grilled tofu and peppers.

I am no longer a professional ballerina; however I still happily cook the recipes he gave me. I haven't changed my way of working out much either. I get compliments daily at the gym from people asking me about my "pilates inspired with a side of elite athlete" routine.

To this day, I think it's amazing how Dominic was able to grasp the needs of a sport he had no experience with at the time and create such a great routine for me. Dominic has a natural curiosity for any sport, has a great sense of pedagogy and he is very patient. For all those reasons I believe he is an ideal coach to train elite athletes.

*Dear Dominic, I can never thank you enough, we met at a time where I was truly considering giving up on my dancing career, a dream I had been purchasing ever since I turned 3 years old, and you helped me hold onto it a little while longer.*

*You also opened my eyes to the fact that my health had to be my number one priority and when time came to take my final bow and undergo foot surgery our talks resonated in my head and helped me make the right decision.*

*It's also thanks to the plan we came up with that I wasn't completely lost around the gym when time came to get back to working out as a "normal" person.*