

Multi-Sport Strength & Conditioning Youth Coach Is SportsEdTV Contributor

Elisabeth Oehler of German Weightlifting Federation joins SportsEdTV



Miami, Jul 9, 2020 ([IssueWire.com](https://www.IssueWire.com)) - [SportsEdTV](https://www.SportsEdTV.com) has added to its international team of contributors naming Elisabeth Oehler as a contributor. She is responsible for the German Weightlifting Talent Identification & Recruitment Program.

“Elisabeth has worked as a Strength & Conditioning coach and consultant on a professional level with various sports including rugby, handball equestrian as well as weightlifting,” said [SportsEdTV](https://www.SportsEdTV.com) Founder and Chairman Robert Mazzucchelli in announcing the appointment.

At the German Weightlifting Federation, she was Secretary-General of the Youth Department and is currently a National Coach for multi-sports, crossover and youth athletes.

“As a coach she has a holistic approach to athlete development, focusing on more than physical performance. Developing mental toughness, integrity, discipline, respect and leadership skills are her emphasis areas which [SportsEdTV](https://www.SportsEdTV.com) users will find very helpful,” added Victor Bergonzoli, CEO, SportsEdTV.

While active Elisabeth competed in numerous national competitions and won bronze and silver medals

in the -53 kg category at the German National Championships in 2017 and 2018.

“Early specialization is not a controversial issue anymore, sports scientists recommend early diversification and exposing kids to different sports and a variety of movements. That’s why I will love contributing to [SportsEdTV’s](#) multiple sports, FREE instruction available online anytime or anywhere,” Elisabeth Oehler said.

About [SportsEdTV](#): [SportsEdTV](#) exists to help athletes, coaches and parents LEARN, WIN and CELEBRATE. We don’t expect everyone who uses our learning tools to become a world champion - that’s not our mission.

We do expect people who use our educational resources to become their own champion, by whatever definition they view success in their chosen sport. For some, success is making the varsity team, for others, it’s becoming country champion, and for others still, it may simply be gaining proficiency at a sport that offers a lifetime of fun and fitness.

To us, no matter your aspirations in sport, if you are striving to improve, you are winning! As a leading sports education media company, we provide FREE video and blog content to anyone in the world with an internet connection.

We also offer a global online community, where athletes, parents and coaches can interact, connect, chat, share content and find new friends. SportsEdTV videos feature coaching from world-class coaches and athletes - many of whom are or have coached world-champions - and have been watched by viewers in every country in the world.

Media Contact

SportsEdTV

rmazzucchelli@sportsedtv.com

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