

Profile :

Mohamed Nasr El Dafrawy

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Owner and general manager of Top Fit company



Education :

PhD Physical fitness & squash

MS Physical fitness & squash

BS Physical fitness & squash

International studies in the fitness and squash from World Squash Federation

Specializing studies in fitness and squash from the Olympic Academy

Experience :

Fitness head coach and rehabilitation specialist for the squash national team

Fitness head coach and rehabilitation specialist for squash team in black ball sporting club for 2 years

Fitness head coach and rehabilitation specialist for the volleyball national team

Fitness head coach and rehabilitation specialist for more than 12 World champion in squash (Mostafa Assal for 10y _ Ramy ashour for 10 y_ Ali farag for 9y _ Nou Eltayeb for 9y_ Hisham Ashour 10y _ Omar Mosad 8y _ Nouran Gohar 5y _ Mazen Hisham 14 y_ Amr Khaled 6y _ Karim el Hammamy and many players

Fitness head coach and rehabilitation specialist for talaa el gash club volleyball first team and juniors for 2 years

Fitness head coach and rehabilitation specialist for squash team in hilyopoles club for 8 years

Fitness head coach and rehabilitation specialist for squash team in gazira club for 8 years

Fitness coach and rehabilitation specialist for many celebrities like (Hisham Abbas -Yosra - Hisham Salem - Mohamed Hamaky - Ahmed Helmy - Mona Zaky - Anoshka - Hosam Habib

Fitness and rehabilitation expert in TV program hya wa el ryada (هي والرياضة) and program online sport for mor than 50 episodes the programs are on the Nile Sports Channel.