

## **Yitzhak Isaac Aftalion ( Basketball/Coaching Resume )**

### *EXPERIENCE*

**2002- Beverly Hills high school basketball team captain.**

**-Team MVP.**

**-All ocean league First team**

**-2003-2005. Cal state university Northridge Division 1 student athlete on basketball team**

**2008– 2011 Israeli Basketball League, Professional Basketball Player**

- Maccabi Haifa / Hapoel Tivon- shooting guard
- Team reached the National league final four for the first time ever
- Maccabi Ashdod ( lack of financial stability from team
- Kfar saba team but left due to lack of financial stability on team.

2016 Beitar Jerusalem offered position as a player and youth coach ( but team had no funds )

*Experience as Coach and basketball event organizer:*

**Beverly Hills High School, Assistant Varsity Basketball coach (under coach Luis Turcius) currently professional coach in South America)**

- Introduced skill drills into practice, thus complementing individual skill set with team goals
- Created custom workout programs for players to work on individual skills

Private training under coach Geo at impact basketball ([impactbball.com](http://impactbball.com))

- Helped Organized 1<sup>st</sup> Omri Casspi skills camp
- Worked with many high school collegiate and pro players on skills work

Private training under coach Benout Dubosq at Toyota center el-Segundo Laker and kings practice facility

- learned strength and conditioning techniques
- pre and post game mental training
- Recovery techniques from Olympic athletes.

Private training with Erik Hamsaki

-shooting work with top Clippers players

Maccabi Haifa vs. Los Angeles Lakers ( October 11<sup>th</sup>, 2015 )

- Helped bring a sponsor from LA to team
- Promoted event, powerpoint marketing and ticket sales
- Haifa hoops for kids helper

Worked, trained with UCON and Israeli Champion Doron Sheffer

- Created programs to instill spirituality and finding G-d on and off court
- Help secular kids find and Keep G-D in their lives
- Promote His book and also soon mine

### **EDUCATION**

**2012 National Academy of Sports Medicine (N.A.S.M), Fitness Nutrition Specialist**

**2002-2007**      **CAL STATE UNIVERSITY NORTHRIDGE, Northridge, California**  
*Bachelor of Science, Business Administration, Marketing, May 2007.*

- Division One, Student-Athlete (Men's Basketball)
- Worked part time during school at the NIKETOWN, Beverly Hills

**2005**              **TEL AVIV University, ISRAEL**  
*Study Abroad certificate, Arab/Israeli conflict/ Middle Eastern politics*

**2014 /2016**      back forth Los Angeles to Eretz Israel to Yeshiva Aish hatorah , baley daat and shappels  
( darche noam yeshiva )

References available upon request.

**2016-Current-** working as Fitness nutrition Coach and Began writing soulfit the  
book ( see Soulfit.com ) Beginning stages of Orthodox Judaism...

References :

Rabbi Eliyahu Netaneli Shalita  
Rabbi Meir Moyal Shalita  
Rabbi Lazer Brody  
Rabbi Yom Tom Glaser  
Rabbi Shlomo Israeli  
Rabbi Moshe Tahor

Training/Coaching Basketball References :

Coach Offer Rahimi-Head Coach Hapoel Tivon, Maccabi Haifa, special assistant coach  
Israeli national Team  
Doctor/Coach Jonathan Vakneen- Holistic and wellness coach to many top business  
leaders, celebrities, and athletes  
Coach Geo Auspiro- SKills coach to NBA players impact bball  
Coach Joe Abunassar-Founder impact bball  
Coach Erik Hamasaki- Shooting and skills coach for Clippers for over 10 years  
COach Luis Turcios/COach Sanders-FORMER BHHS coaches and NCAA athletes  
Coach Benoit Dubosq-Strength and conditioning coach at lakers and kings practice  
facility





