

**David Lawrence,  
Crystal Palace Diving's Sports Liaison Officer.**

Hi, I'm your first point of contact with the Fitness Renaissance team; I've brought together a team of experts in *nutrition*, *psychology* and *physiotherapy* to help support the Crystal Palace diver's mind, body and performance.

Email: [info@fit-ren.com](mailto:info@fit-ren.com) Tel: 07809 701 429 Website: [www.fit-ren.com](http://www.fit-ren.com)

**My Support Team for Palace Divers**

**Doug Foot**, Cognitive Behavioral Therapy, Counseling Psychotherapy. MA MBACP (Accredited).

I run an integrated health practice offering a range of therapies including counselling, psychotherapy and acupuncture. My background is in 'talking therapies' including short term counselling, CBT as well as longer-term psychotherapy. I am also a Chinese medicine practitioner specialising in Acupuncture.

My practice experience includes working with people from high achieving business and sports backgrounds. I aim to focus my expertise on providing a beneficial and patient responsive service.

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**Silvia Fonda**, BSc Nutritional Therapy, mBANT, CNHC

Nutritional Therapy is the application of nutrition science in the promotion of health, peak performance and individual care.

As such I use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. I consider each client to be unique and recommend personalised nutrition and lifestyle programs rather than a 'one size fits all' approach.

Qualified Nutritional Therapist with a BSc in Nutritional Therapy, from the University of Westminster, Certification in Personalised Sport Nutrition, Certified Metabolic balance® coach. I am a fully insured member of The British Association for Applied Nutrition and Nutritional Therapy. Also registered with The Complementary and Natural Healthcare Council. Finally, healthcare Member of the Anaphylaxis Campaign Certified for AllergyWise training from the Royal College of Nursing.

**Adam Barker - Physiotherapist**

I graduated from the University of Nottingham with a first class honours degree in Physiotherapy. Since graduating, I gained a wide range of experience in assessing and treating musculoskeletal conditions in both NHS and Private sectors. I have worked in a variety of Physiotherapy settings including hospitals, GP surgeries, health centres, gyms, and most recently, in sports injury clinics.

I am located near the diving pool at Crystal Palace Physio Group in the Jubilee Stand. My experience is in musculoskeletal sports screening, injury prevention and sports specific rehabilitation. I have completed a postgraduate qualifications in deep tissue massage, joint manipulation, acupuncture, taping and biomechanical analysis. I tailor treatment to the diver's specific need and overall goals and aim will get them back to peak fitness.