



## Bio David Van de Velde

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### Introduction

David's dance background stems from performing with and choreographing a teenage pop group that toured in USA and Europe. Since 1997 he entered the aerobics scene and has gone on to develop his own unique style in Hilo Aerobics – Latin Aerobics – Streetdance & Kickboxing. He became a dual Belgium Champion Hip Hop in the FISAF competition in 1999 and 2000 and in the same year he became a World Champion in Streetdance. Besides these credits he's been nominated for the Belgium Fitness Trophy in 2001 and awarded for Presenter of Excellence in the UK in 2003. David is a regular presenter on the European convention circuit where he's been praised for his logical teach techniques and creative ideas. Since 2003 he's a Nike Elite Trainer and organizes workshops and conventions along with the Nike Training Team.

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### Nike training tour – Nike Academy

Along with the other Nike members they've created in 2003 the Nike training tour. 4 conventions in Belgium in 4 different locations. This event grew within 2 years to Belgium's leading event. In 2004 they also created the Nike Academy. The goal was to train instructors in several disciplines and further development in their training.

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### Multitrax

He's working for Multitrax since 1997 as a product manager. He teamed up with different presenters such as Marcus Irwin, Janis Saffell, Patrick Goudeau, Rob Glick, Darryl Preston, Rebecca Small, Steve Schiemer ... As of today he compiled up to 500 different titles and has his own presenter line on Multitrax.

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### Evolution

David recorded his first 2 Evolution video's in March 2004 with Marcus Irwin in Zurich named:

- The Furious Hilo Jam
  - Fiesta Latina
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### Contact details

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## Convention list & contacts

### 2002:

|   |                 |                          |
|---|-----------------|--------------------------|
| LaSanta                                   | Lanzarote       | Lydia Campbell           |
| Adidas Sport & L'aventure                 | Belgium         | Manu N'Kosi              |
| Reebok 2 <sup>nd</sup> night of Aerobicsz | Belgium         | DFO                      |
| Choreography day                          | Belgium         | DFO                      |
| Pax Aerobics Marathon                     | Austria         | Pax – Andreas Kershhofer |
| Sports Explosion                          | Germany         | Donna Danton             |
| LaSanta                                   | Lanzarote       | Lydia Campbell           |
| Wellness Events                           | Belgium         | Wellness Events          |
| Fitcamp South                             | UK              | Lydia Campbell           |
| Mexx Experience                           | The Netherlands | CIS                      |
| 5Y Multitrax Convention                   | Belgium         | Multitrax                |
| Mexx Experience                           | Belgium         | CIS                      |
| Fit Aerobic Day                           | Belgium         | DFO                      |
| Fitness Forum 2002                        | UK              | Lucy Hancock             |
| Fitcamp North                             | UK              | Lydia Campbell           |
| Wellness Explosion                        | Germany         | Donna Danton             |

### 2003:

|                               |           |                          |
|-------------------------------|-----------|--------------------------|
| Body Style Convention         | Belgium   | Nathalie Degey           |
| LaSanta                       | Lanzarote | Lydia Campbell           |
| Espace Vital                  | Belgium   | Xtof Sulon               |
| Pax Aerobics Marathon         | Austria   | Pax – Andreas Kerschofer |
| Wellness Events               | Belgium   | Wellness Events          |
| MC Day                        | Portugal  | BF Desporto Y Eventos    |
| Beachdays                     | Belgium   |                          |
| LaSanta                       | Lanzarote | Lydia Campbell           |
| Wellness Events               | Belgium   | Wellness Events          |
| Int. Multitrax Convention     | Poland    | Browarski                |
| Aerobics festival             | Iceland   | Una Palma                |
| Aerobics Y Fitness Convention | Spain     | Coloma – Maria           |
| Nike training Tour            | Belgium   | Me                       |
| Mexx Experience               | Holland   | CIS                      |
| Fitness Forum 2003            | UK        | Lucy Hancock             |
| Fit Aerobic Day               | Belgium   | DFO                      |
| Fitcamp                       | UK        | Lydia Campbell           |
| Nike Training Tour            | Belgium   | Elsie Mathijssens        |



## Convention list & contacts

### 2004:

|                            |           |                          |
|----------------------------|-----------|--------------------------|
| LaSanta                    | Lanzarote | Lydia Campbell           |
| Nike Training Tour         | Belgium   | Caroline Mervielde       |
| Nikewomen Event            | Belgium   | Nike                     |
| Spring Convention          | Belgium   | Sandrine & Nathalie      |
| Upfitness Convention       | Iceland   | Una Palma                |
| FIF Convention             | Italy     | FIF – Nadia              |
| Aerobathon 2004-12-31      | Belgium   | Carina Rubens            |
| Pax Aerobics Marathon      | Austria   | Pax – Andreas Kerschofer |
| Nike Training Tour         | Belgium   | Xtof Sulon               |
| Fitness Fabrica Convention | Italy     | Fitness Fabrica          |
| Beachdays 2004             | Belgium   |                          |
| Fitness Festival           | Iceland   | Una Palma                |
| FIF Kickbox Convention     | Italy     | FIF – Nadia              |
| Nike Training Tour         | Belgium   | Me                       |
| Fitness Forum 2004         | UK        | Lucy Hancock             |
| Fitcamp                    | UK        | Lydia Campbell           |
| Nike Training Tour         | Belgium   | Elsie Mathijssens        |

### 2005:

|                       |         |                    |
|-----------------------|---------|--------------------|
| Bognor & Butlins      | UK      | Lydia Campbell     |
| Nike Training Tour    | Belgium | Xtof Sulon         |
| DFO night of Aerobics | Belgium | DFO                |
| Nike Training Tour    | Belgium | Caroline Mervielde |
| Fitness Festival      | Iceland | Una Palma          |
| Fitness Forum 2005    | UK      | Lucy Hancock       |
| Fitcamp               | UK      | Lydia Campbell     |



## Masterclasses & Workshops

### **The Beats, The Audience, The Choreography – Aerobics Masterclass**

3 essential elements for a bursting hi-lo workout. With original and really based dance moves David will guide you thru choreography land. Lot's of ideas build up layer by layer with a motivational touch, climaxes and no breaks!

### **The Furious Hilo Jam**

This workout bursts from energy. Phat beats and a dope routine makes it all one. A masterclass for everyone starting with a basic patters building up to a more advanced finale. Set your own level in this class and get wicked!

### **The Furious Step Jam – Step Masterclass**

After the Furious Hilo Jam we have the Furious Step Jam. Again phat beats and a dope choreography starting with the basic patterns going to the advanced finale! Join David in this energetic tap free ride!

### **Shake your Latin thang!**

Are you interested in a tropical dance party? Do you like meringue and Salsa music? Are you getting uplifted by bongos and congas? Then this workout should be it. An easy to follow routine with a high fun factor. Real salsa and meringue moves and postures with attitude!

### **Dave's hip hop battle**

Whit a few championships won is this his speciality. A very unique style with lots of different and original phat moves. Time from some breakin', some scratchin', some graffiti & some poppin' & lockin' on the music from Timbaland, Neptunes, and so. These are just a few ingredients for this Hip Hop Class.

### **Fighting Fit**

With a background of 11 years in Martial Arts (Semi / Full contact, Kickboxing & Self Defence) David will guide you threw this masterclass with lots of ideas for your kickbox workouts. The key is to combine all your punch and kick techniques into a easy to follow and effective routine. Are you ready to get knocked down?

### **Nike Total Dance Concept Workshop**

With this workshop David will learn you the tricks and tips to create just that choreography. Either it's for the old fashioned Aerobics class or a Hip Hop Class. What's the secret between each layer? What's the best method to bring it on? What if it goes wrong? He'll will guide you how to break down a hi-lo session and vice versa to create a great finale out of 4 basic moves. With this workshop you'll easily create choreographies for the next 9 months without breaking your head during the night!