

**Professor Monèm Jemni Ph.D, MSc, BSc, BA, QTS**

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## **Recommendations for Dr Stefan Kolimechkov**

To whom it may concern at the Royal Society of Biology,

I would like to support Dr Stefan Kolimechkov's application for the Early Career MRSB Travel Grant. This grant would provide him with a great opportunity to present his research at the 25<sup>th</sup> annual Congress of the ECSS, considered as the most important scientific conference in sport and exercise sciences in Europe. The Congress will be held in Seville, Spain 1 - 3 July 2020.

Stefan Kolimechkov defended his doctoral dissertation at the National Sports Academy in Sofia, Bulgaria in summer 2018. He was supervised by Dr A. Alexandrova from the Bulgarian Academy of Science and Dr L. Petrov from the National Sports Academy, with whom I have collaborated in previous studies related to Polymorphism and Genotype Combinations in Bulgarian Athletes. His both supervisors are very happy with the work he achieved so far.

I met Stefan several years back when he was a PhD student in Sofia and since I was following his progress and providing him with key methodological hints that helped his dissertation. Stefan conducted his PhD study with students from different gymnastics clubs in England and others from schools in London. The results of his study were very helpful to understand the effect of early gymnastics practice on health biomarkers in children.

Stefan did quite well to put all the pieces of his research together whilst he did not have any financial help and/or any PhD grant. He survived his PhD years by working as a coach and as a volunteering assistant physical education teacher in London. He has presented his results in front of several audiences. Having to present part of his results at the ECSS Congress 2020 would be considered as a great achievement for a young researcher enabling him to reach a greater audience, to meet colleagues from different scientific communities, to exchange ideas, to share and to learn about the latest developments in sports and exercise sciences.

In the last few years, Stefan published 12 peer-reviewed journal articles (5 of them in journals indexed in Web of Science, and one with impact factor). He is a member of the Royal Society of Biology (MSRB) and has a Registered Scientist status with the RSB and Science Council.

It is with pleasure that I recommend Stefan Kolimechkov for the Early Career MRSB Travel Grants.

Yours Sincerely,  
Professor Monèm Jemni PhD