



SPORTS CURRICULUM

Personal information:

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Birth data: Spain, 1964

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Languages:

- Spanish (Native)
- English (B1)
- French (A1)
- German (A1)
- Catalan (B1)

Specific studies on Shooting:

- ISSF International Coach License, class “C” (Pistol). (ISSF Academy).
- Training Course for ISSF “B” International Judge License (Pistol, Rifle).
- Diplomat as “National Coach Level-2”, (maximum level in Spain) in the Pistol and Rifle modalities, by the RFEDETO School (Royal Spanish Federation of Olympic Shooting).
- “Medium Grade Sports Technician” (Olympic Shooting Specialty), by the Ministry of Culture and Sports of Spain.
- Diplomat as “National Coach Level-1” (Pistol, Rifle and Shotgun modalities) by the RFEDETO School.
- “Improvement courses in the Olympic Pistol modalities”, managed by *José Antonio Colado*, Technical Director of the RFEDETO and Coach certified by the ISSF.

- Different “Master Classes” received from *Cezary Staniszewski*, old National Coach of Spain, member of the Sports Committee of Coaches of the ISSF, and National Pistol Coach of Poland.
- Authorized by the Ministry of the Interior (General Directorate of the Police) as “Shooting Instructor” for Private Security personnel.
- Titled by the RFEDETO as National “Referee Judge” in all sports modalities of Precision of the ISSF.

Studies on Psychology:

- Course on “Mental Training Techniques for Precision Athletes”, managed by *Jaime Buigues*, Graduate in Psychology and psychologist for Olympic athletes from RFEDETO.
- Course on “Psychological front facing in Shooting”, managed by *Grace Puertas*, Graduate in Psychology and sports psychologist from the High Performance Sports Plan of Catalonia.
- Course on “Introduction to Sport Psychology”, organized by the University Extension of the UNED, Cartagena. Managed by *Enrique Garcés*, Professor of Sport Psychology at the University of Murcia,
- Course of “Sports Psychology”, organized by the University Extension of the UNED (Department of Methodology of the Behavioral Sciences), Lugo
- Course on “Psychology of Sport”, organized by the University Extension of the UNED, Campo de Gibraltar-Algeciras. (Department of Psychology, University of Cádiz).
- Course on “Psychology of Sport”, organized by the University Extension of the UNED, Orense.
- “Higher University Course of Coaching”, organized by the University Extension of the UNED (Faculty of Education), Zamora..
- Course of “Career Coaching”, organized by the University Extension of the UNED, Pontevedra.
- Seminar on “Sports Coaching for Trainers”, organized by the Peruvian Institute of Sports and managed by *Pablo Masson*, Graduated as a Sports Coach from the University of Valencia and accredited by the International Federation of Professional Ontological Coaching (FICOP).
- Seminar on “The Engine of Success: Discovering Motivation”, organized by the University Extension of the UNED, Lugo. Taught by *Denís Fernández*, Sports Psychologist.
- Seminar on “Talent Management: how to detect and enhance it”, organized by the University Extension of the UNED (Faculty of Psychology). Mallorca.

Complementary Studies:

- Course on "Anti-Doping for International Federations", given by the Education Department of the ITA (International Testing Agency).
- Course on “Education in ‘Clean Sport’, for International Federations (ISSF)”, taught by the Education Department of the ITA (International Testing Agency).

- Participation in the study on “Mental and social skills development in Shootings Sports”, carried out by the Department of Sports Science of the Swiss Shooting Federation in collaboration with the Sports Medicine Research Group of the University Hospital of Balgrist.
- Webinar “Sports Nutrition”, given by the Education Department of the ITA (International Testing Agency).
- “Education for Talented Athletes” Program. Organized by WADA (World Anti-Doping Agency), through the ADEL platform.
- Course on “Physical and Sports Preparation”, managed by *Daniel Mon*, Graduate of Science in Physical Activity in Sports, physical trainer for the RFEDETO Olympic teams and Coach certified by the ISSF.
- Course on “Prevention and treatment of physical injuries in Shooting”, managed by *Salvi Delmuns*, professor of Physiotherapy and Traumatology at the Blanquerna University of Health Sciences and doctor specialist in sports rehabilitation.
- Course of “Sports Nutrition”, organized by the University Extension of the UNED, Ponferrada. Managed by *Cristina Rodríguez*, Graduate of Science in Physical Activity and Sports.
- Seminar on “The role of the coach in the nutrition of athletes”, organized by the Public Health Agency and the University of Vic and directed by *Martí Noguera*, Graduate of Sports Sciences, Diploma in Nutrition and Dietetics, physical trainer and collaborator of the High Performance Sports Center of Barcelona.
- Course on “How to care for your vision”, organized by the University Extension of the UNED, Lugo. Taught by *Mar Arias*, visual educator.
- Personalized tutoring on “Vision and Olympic Shooting” with *Dr. Pilar Plou* (International Optometry Center) with a view to preparing the final thesis of the Coach Course.

Published Works:

Spanish:

- “The Importance of Visual Information in Pistol Shooting Competitions.” RFEDETO 2010. (26 pages)

English:

- “Shooting Techniques in Precision and Dynamic Disciplines. The Influence of Weather Conditions on Shooting. Sports Planning and Training Plans.” ISSF 2018. (19 pages)
- “Study on Shooting Positions in Precision, Sport Pistol, and Rapid Fire Pistol Disciplines.” ISSF 2018 (18 pages)

PROFESSIONAL EXPERIENCE AND SPORTS RESULTS AS A COACH

(SUMMARY)

INTERNATIONAL

- Head Coach of the Peruvian Olympic Pistol Team, and personal trainer of athletes at the international level.
- Participation as a coach in ISSF events: World Championships, Continental Championships, and World Cups, as well as other international events.

Outstanding international sporting achievements of its athletes:

10 Olympic Finals contested (including one World Cup), achieving:

- A total of 12 podiums: 6 gold, 5 silver, and 1 bronze medals.
- 1 Olympic Quote for the Tokio Games

SPAIN

- 9 years as a coach in Clubs and different Territorial Federations of Spain, participating in Technical Development programs with the Spanish Federation, the CSD and the “Junior High Competition Group” of the RFEDETO.

Outstanding sports results of his Junior students:

Individual:

- 2 Spanish Championships.
- 4 Spanish Runner-Up titles.
- 9 Catalan Championships.
- 5 Canary Islands Championships.
- 16 Regional Championships.
- A total of 110 podiums: 53 gold medals, 33 silver medals, and 24 bronze medals

Teams:

- 9 Spanish Championships.

Junior athletes participated in 21 Olympic Finals.

OTHER PROFESSIONAL ACTIVITIES

- As a Sports Judge, he has participated in different scopes as a “scoring timing and results” referee (RTS), Range Officer (RO) and Chief Range Officer (CRO) in national and international events.
- As a teacher he has taught various courses on “Basic Shooting Techniques with a Pistol”, “Improvement of Shooting in Olympic and Sports modalities”, and Conference on presenting our sport to different media.