



SPORTS CURRICULUM

Personal information:

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Birth data: Albacete (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).
- ISSF International Judge License, class “B” (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 current 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.
- “Higher University Course of Coaching”, organized by the University Extension of the UNED (Faculty of Education), Zamora.
- Course of “Sports Psychology”, organized by the University Extension of the UNED (Department of Methodology of the Behavioral Sciences), Lugo. Managed by *Denís Fernández*, Sports Psychologist.
- Course of “Coaching and Psychology. Management and development of objectives in the workplace”, organized by the University Extension of the UNED, Pontevedra.
- Course 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).
- Course “Talent Management: how to detect and enhance it”, organized by the University Extension of the UNED (Faculty of Psychology). Mallorca.

Complementary Studies:

- 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.
- Participation in the seminar “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.

Professional experience:

Since 2019:

- Personal trainer and direction of Courses and Training Bases. Highlighting the following results of the athletes with whom he has worked:
 - o Bronze medal at the Lima'19 Pan American Games (Rapid Fire Pistol), new record for Peru and **obtaining QUOTA PLACE OLYMPIC** for the Tokyo 2020 Games.
 - o Runner-up of Spain in the category of Young Promises (Air Pistol).

2018:

- **National Pistol Coach of Perú.**

Participation in ISSF events (Athletes with MQS accredited for Tokyo 2020):

- 52 World Championships. *Changwon* (Korea).
- World Cup Circuit:
 - o *Guadalajara* (Mexico)
 - o *Fort Benning* (USA)
 - o *Munich* (Germany)
- Junior World Cup. *Shul.* (Germany).
- XII Championship of the Americas. *Guadalajara* (Mexico).

Other events:

- XI South American Games. *Cochabamba* (Bolivia).
- III South American Championship. *Santiago* (Chile).

Outstanding results:

- 1 finalist in the Guadalajara World Cup (Mexico). 6th Classified. (Air Pistol Men)
- 1 gold, 1 silver and 1 bronze medal in the South American Games. (Air Pistol Men, Rapid Fire Pistol and Air Pistol Women).
- 2 silver medals in the South American Championship. (Air Pistol Women and Air Pistol Mixed).
- 1 silver medal in the Championship of the Americas. (Air Pistol Men Team)
- 7 odds obtained for the Lima 2019 Pan American Games.
- Three new records of Peru established (on five Olympic Pistol modalities).
- 3 places in the ISSF world ranking:
 - o Air Pistol Men (Highest position occupied: Position 16)
 - o Rapid Fire Pistol (Highest position occupied: Position 28)
 - o Women Air Pistol (Highest position occupied: Position 137)
- 13 athletes have entered 10 international Olympic finals played.

Previous experience (2009-2017):

- Personal trainer of athletes.
- 4 years as official coach of the “Sport Shooting Club in Osona” (Barcelona).
- Creation in 2012, under the tutelage of the Spanish Federation, of the “ELIS Olympic Shooting School”, the only Private Olympic Shooting School in Spain.
- Participation as a Shooting School in the “I Congress of Spanish Sports Shooting”.
- 3 years as a coach participating in technical programs with the Catalan Federation of Olympic Shooting.
- 6 years participating as a coach in the RFEDETO “Young Promises Sports Technification Program”.
- 2 years contributing athletes to the “National Program for Sports Technification” organized by the CSD (Higher Sports Council) that regularly selects a maximum of 5 Pistol shooters from all over Spain. Assistance as “Guest Technician” to National Concentrations.
- Selection on two occasions of a shooter from the School to the “Junior High Competition Group” of the RFEDETO, and participation as “Guest Trainer” in the Technical Concentrations carried out.
- 1 year collaborating with the FITOT (Tenerife Island Federation of Olympic Shooting) in the training of Shooters of Olympic modalities and 2 years as a Trainer and Selector of Young Promises of the FITOT.

Outstanding sports results of his athletes (Period 2009-2017):**Individual:**

- 2 Spanish Championships.
- 3 Sub-championships in Spain
- 9 Catalan Championships
- 5 Canary Islands Championships
- 16 Territorial Championships.
- Adding a total of 109 podiums (53 gold, 32 silver and 24 bronze medals).

Teams:

- 9 Spanish Championships

Other data:

- Athletes included in the National Ranking of the RFEDETO in the categories of “Air Pistol”, “Sport Pistol Women” and “Rapid Fire Pistol”.
- 5 gold and 1 silver medal in International Open Competitions.
- 21 Olympic finals played.

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.