



CURRICULUM VITAE

IDENTIFICATION

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EDUCATIONAL PROFILE

- 1984-1991 Frequency of secondary education: Secondary School D. Inês de Castro-Alcobaça (sports Option)
- 1991-beginning of the frequency of higher education: the Higher school of education (University) of Leiria, in the course of basic education Teachers, physical education Variant.
- Bachelor's degree of Teachers of the first cycle of basic education
- Degree Teacher of basic education, in Physical education.

OTHER QUALIFICATIONS

- 1992- Monitor course level I, by the Portuguese Federation of Tennis. (Level 1 on ITF9)
- 1995- Trainer course level II, by the Portuguese Federation of tennis./Level 2 on ITF)
- 1998- Training of canoeing, presented by Prof. Rui Câncio.(S. Martinho do Porto)
- 1999-Training course on mini tennis, given by Louis Mediero.(Madrid)
- 1999- National Training Action of the Portuguese Federation of Tennis in Peniche
- 1999- Iberian Symposium of tennis (Madrid)
- 2000- National tennis Symposium, with papers presented at National tennis area (Peniche)
- 2002- Girls tennis training Action by Anne Marie Rochou (French Federation of Tennis) in Estoril.
- 2004 - Training course in Carcavelos, for Beach tennis by Portuguese Tennis Federation

- 2005- Seminar on the course of sports training and school performance held in Alcobaça organized by Ginásio Clube Alcobaça.
- 2005 – Monitor course, level I, Swimming Association of Leiria.
- 2010 – International seminar on Training for young people in Porto.
- 2011 – Complementary Action of Tennis – Portuguese Tennis Federation in Lisbon
- 2012 - Referee and Judge referee Course by the Portuguese Federation of Tennis.
- 2013 - Workshop of Tennis injuries in Estoril: prevent and minimize, by the Portuguese Tennis Federation.
- 2014 – Complementary Action of Tennis – Portuguese Tennis Federation (Lisbon)
- 2014 – Complementary Action of Tennis by Leiria Tennis Association
- 2015 – Complementary Action of Tennis Referee and Judge referee by Portuguese T. Fedederation, level 1.
- 2016 - Complementary Action of - "Sport in female: Myths and Challenges "in Abrantes, organized by the IDP and City Hall of Abrantes.
- 2016- Complementary Action – "Sports management agencies and school physical education", organized by the City Hall of Montijo and "Tagus" Talent Academy
- 2016- Complementary Action – "red, orange and green ball", by Mike Barrell in Oslo, Norway, organized by the Norwegian Tennis Federation in 10 and 11 September.
- 2017 – Workshop – sweetspot – Cesar Coutinho – Lisbon /15 April
- 2017 – Coaches Conference, "Successful coaching for tomorrow players", organize by Norwegian Tennis Federation
- 2017 – Workshop "Tech and Tact, building competitive players", organize by Norwegian Tennis Federation.
- 2018 - Complementary Action of Judge referee by Portuguese Tennis Federation in Paços de Brandão, Level 2, in November.

- 2018 – National Coaches Conference, “From de base to the Top”, organize by Portuguese Tennis Federation in Vilamoura, December.
- 2018 - Complementary Action of Judge referee by Portuguese Tennis Federation in Paços de Brandão, November.
- 2019 – Degree level 3 in Judge referee and referee by Portuguese Tennis Federation in Lisbon, March.
- 2019 – Sports journey organize by the Gouveia (Portugal) City Hall

SPORTS MADE AS A STUDENT

- Volleyball
- Running
- Soccer
- Basketball
- Tennis

TENNIS PLAYER

- Until 1992 – Regional Champion in tennis under 12, 14, 16 and 18, Leiria tennis Association and participate in the all Nations champions ships from under 12 to under 18)
- After 1991 to 2015 - Several Regional Champion titles of seniors and Veterans +35 in individual, mixed and male doubles in Leiria tennis Association.
- Winner of several tennis tournaments under 12, 14, 16, 18, seniors and Veterans.
- 2013-National Vice- Portuguese Champion of Veterans +40
- 1991 to 2015 – Several regional titles by teams in Leiria Tennis Association and played in 2º and 3º division of National championships.
- Top 15 in Portugal Ranking seniors in several years.
- 2017 – played in veterans team and seniors team of Asker tennis klubb in Norway
- 2019 – Regional Champion +45 singles (Leiria tennis Association), Portugal.

PROFESSIONAL EXPERIENCE

Tennis Club Coach

- 1993/1994-tennis Coach at the Club tennis school of Leiria and U.D. Caranguejeira.
- 1994/1995 - Head Coach in Caldas da Rainha Tennis Club.
- 1995/2016 - Head Coach in Alcobaça Tennis Club.

(1995 to 2001- Coach accompanist for several athletes of Portuguese National Teams and groups of competition (under 12, 14, 16, 18) in Tennis Europe and ITF tournaments junior's and professional.

(1997 to 2000-Coordinator of the project of the Sports Vacation in tennis, with the support of the IPJ in C.T. Alcobaça.)

- 2016/17- Coach and fitness coach in Asker Tennis klubb (Norway)
- 2018/2019 - Head Coach in Alcobaça Tennis Club.(Portugal)
- 2020 - Working as Private coach in Norway, with athletes like Frederik Solheim, Julian Carlsen, Iben Storkaas, Ludwig Hermann, Victor Rochette, Amalie Lafton,
- 2021 - Coach in Bygdoy tennis club
- 2021 - Competition coach in Nesoya tennis club. Players that played, Frederik Solheim, Julian Carlsen, Iben Storkaas, Ludwig Hermann, Kaia Celin, Susanna Ramastad, Mia Petrovick, Helena Eikeland, Marie Egeland, Ida Borseth, Christian Bromdmo,, etc.

Tennis Coach players and Titles

- Coach with several athletes with National titles and working of the National Portuguese and Norwegian Federation and participate in national group works since 1995 to 2021 (Ludwig Herman, Iben Starkaas, Fredetik Sohleim, Kaia Celin, Miguel Gomes, Diogo Santos, José Borges, Cláudia Viveiros, Maria I. Santos, Luis Vazão, Gonçalo Correia, Patrícia Ribeiro, Filipa Ribeiro, Mónica Tomas, Bruno Pedro and Cláudia Melo)
- Annual Regional titles since 1994 to 2016, in Leiria Tennis Association, individual titles, doubles and teams.
- National Portuguese and Norwegian titles won by several athletes:

Individuals Portugal- Champions-Patricia Ribeiro (under 12 in 1998, under 14 in 1999), Filipa Ribeiro (under 12 in 2000, under 14 in 2002, under 16 in 2004 Vice - Champion)

Individuals Norway- Champions- 2020 - winter - Ludwig Herman under 14, Iban Storkaas under 14. 2021- Summer - Ludwig Herman under 14

2021 - Vice champions - summer - Kaia Celin under 14

Doubles – Champions – Bruno Pedro (under 14 in 1994, under 16 in 1996).

Patricia Ribeiro (under 12 in 1997, 98, 99 under 14 in 2000, under 16 in 2001/02 Under 18 in 2002 /03).

Filipa Ribeiro (under 14 in 2001, under 16 in 2003 /04). Miguel Gomes (under 12 in 2014 and 2015)

Teams Clubs - Champions- Boys under 14 in 95 (by C.T.Caldas da Rain girls under 14 in 2001, under 16 in 2002.

- Vice champion, under 16 / 2003 (by C.T. Alcobaça).

International Titles - Individual - Filipa Ribeiro 2001 - ETA - Under 12 - Acores

- Ludwig Herman - 2021 - ETA under 14- Norway and ETA under 14 in Dinamark

National Coach in Portugal tennis Federation

- National tennis coach in under 12 girls, 2000/01 under 14 girls, 2000/01 and under 16 girls in 2002.
- Coach with participations in several individual European Championships, under 12 (S. Remo 2000 and 2001) and the European Championships of teams under 14,16 between 99 to 2002 (Italy, Sweden, Portugal and Spain). and coach with experience since 1999 in traveling with players in ETA, ITF and WTA circuits.

Merit Medal from the city of Alcobaça in 15, September, 2004 for his work in the area of Tennis and the results achieved by their athletes.

Physical Education Teacher

- Pedagogical practice in schools of Basic Education cycle number 1, with final average of 14 values (Leiria)
- Pedagogical practice in schools in the 2nd cycle of basic education, in the discipline of physical education, with final average of 13 values. (Leiria)
- Physical teacher at school C + S of S. Martinho do Porto in 97/98 academic year, level years of 7th/8th/9th/10th/11th.
- Director for the basketball School Sports Group at school C + S of S. Martinho do Porto in the academic year 97/98.
- Teacher Physical Ed Group C + S School of S. Martinho do Porto, who organized the I National Festival of nautical activities in May of 98.
- Professor inserted in the support group of the Special Center of sports training, which sustains the support to carry out nautical activities in Baia de S. Martinho do Porto in the year 1997/1998.
- Professor inserted in the project "Summer 98 Marine" that consisted of a sports vacation program of School Sport, during the period of 7/6/98 the 9/9/98.

- Physical teacher at school 2nd/3rd cycle Frei Estêvão Martins in Alcobaça in the 1998/99 academic year, he taught fifth and sixth years.
- Coordinator and head of school sport in school 2nd/3rd cycle Frei Estêvão Martins in Alcobaça in the year 1998/99, having one athlete of this school won the regional and national in school tennis, under 12 (João Vitorino)
- Teacher of physical education in schools of the under 10 students in Vestiaria, Bárrio and Monte de Bois, in the academic year 1998/99, inserted into the PRODEFED project.

Sports animator in the City Hall of Alcobaça

- December 1999 to June 2000-sports Animator in the City Hall of Alcobaça, during an internship provided by IPJ, within the framework of the program ACT.
- 2000/2007-provision of services in the Field of sports to the City Hall of Alcobaça where were inserted several projects and coordination of scope, facilities and events from sports projects supporting communities (PID), school sport (swimming and basic physical education/trainers) and curricular Enrichment since 2005/6.

Technical Sports on City Hall of Alcobaça

- August, 14, 2008, till September 2016 (absent leave) – beginning of contract without term as Superior Technical sports in the Sports department of the City Hall Of Alcobaça in Portugal.
- December 2018, till 12/ 2019 (present days) – continue the contract without term as Superior Technical sports in the Sports department of the City Hall Of Alcobaça in Portugal and absent leave from January 2020 till present day.

Juize referee and referee

- Since 2015 referee and J. Referee in several International and National tournaments in Portugal.

