



AITOR GUARINO

STRENGTH AND REHAB COACH

PROFESSIONAL PROFILE

I am ambitious, hardworking, and competitive and I always give my best. I love my job and keep developing my skills and grow as a professional.

CONTACT



EDUCATION

- BSc Sports Science, 2020 Universidad de Lérida (INEFC)
- UEFA A licence
- strength training certified: from rehabilitation to performance. (Barça Hub)
- MSc Rehab and Performance , RFEF (URJC)

FURTHER EDUCATION

- MSc in Efficient Football Physical Preparation.
- Workshop on Functional Assessment and on Field Rehab (global Performance).
- Injury Prevention and Sports. Performance Improvement Course (Global Performance)
- Methodology of rehab training course
- III FSI Conference on High Performance in Football (Football Science Institute).

SKILLS

- Initiative and ability to solve problems.
- Ability to work in a team and independently.
- Communication and self-demand.
- Planning and programming capacity.
- Use of GPS devices.

WORK HISTORY

Lleida Esportiu



CCE Sant Lluís

AUGUST 2020- JANUARY 2022

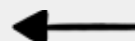
SINCE 2018-2020

- Goalkeeper coach (U1-9 and U-23)
- first team collaborate (2ªb)
- Staff member

- Physical and Rehab trainer
- 1st Coach at 1st team
- Physical performance of woman's team



Club Deportivo Menorca



Clínica Activa Menorca

JULY 2020 - SEPTEMBER 2022

SEPTEMBER 2021 -2023

- Rehab training with injured athletes
- Post-effort recovery (post-matches)
- Junior assistant coach U-19)
- Development of training tasks and pre-match activations
- Physical trainer in the academy

- Evaluation and training planning.
- Personal training and optimization in high performance athletes
- Training for patients with injuries and pathologies
- rehab injury trainings



Club Atlético de Madrid

AUGUST 2023-NOW

- Performance Department
- Strength training U-16
- Pre-match activations
- Load management

