

# UNAI PÉREZ SÁNCHEZ

## ABOUT ME

Passionate about sports, high performance, mountains and strength and conditioning.. I have been practicing athletics for 7 years and have participated in national competitions representing the community of Navarra. In addition, I have been working as strength and conftionig coach in different teams for three years.

## CONTACT



03/11/2002

## COURSES

2023 | From Excel to PowerBI course

2023 | Forces, speed & power measurement with all Chronojump devices

2023 | IElectroestimulation with Compex

2022 | Buceador 1 estrella FEDAS

## EDUCATION

POST GRADUATE IN HIGH PERFORMANCE ON FOOTBALL- MASTERCED- BARCELONA  
2024- 2026

DEGREE IN PYSHICAL ACTIVITY AND SPORT SCIENCES - UdL

2020 - 2024

CERTIFICATION LEVEL 2 OF ATHLETICH COACH- UdL 2020 - 2024

ASKATASUNA BHI (Burlada) - Optional High School Level

I completed a optional high school level of health science

## LANGUAGE

Englsh— B2

French — B1

Vasque — C1

Catalán—B1

## COMPETENCIAS

- Resolute person
- Organized
- Responsible
- Adaptability
- Interpersonal skills
- Sports knowledge
- Experience in high performance

# WORK EXPERIENCE



## STRENGTH AND CONDITIONING COACH

Season 23-24 and 24-25.



## STRENGTH AND CONDITIONING COACH-

U19 first team and coordinator of High performance department in the youth teams.

Season 21-22 and 22-23



## STRENGTH AND CONDITIONING COACH OF A PROFESSIONAL ATHLETE

Nike professional athlete (Pol Oriach) and european U20 champion of 3000 steeplechase Season 23-24

