



Rolando Freitas

COACH/TREINADOR



Rolando Jorge Costa de Freitas

Born on February 27, 1965, in Porto, Portugal

Team Handball Coach since 1988

Physical Education Teacher since 1987

SUMMARY

- *EHF MASTER COACH PRO LICENSE*
- *MASTER DEGREE SPORTS SCIENCE*
- *IHF CCM LECTURER*
- *FORMER HEAD COACH OF PORTUGAL AND THE REPUBLIC OF KOREA*

EXPERIENCE

NATIONAL TEAM COACH, KHF; REPUBLIC OF KOREA - 2022 - 2024

Head Coach of the Republic of Korea Men's National Team (2022 - 2024)

Men's World Championship, Poland/Sweden (2023)

Asian Games, Hangzhou China (2023)

OOGG Asian Qualification, Doha Qatar (2023)

Asian Championship, Manama Bahrain (2024)

35 matches as Head Coach of the Men's National Team of the Republic of Korea

After 11 years first win over Qatar, in Qatar.

MEN'S NATIONAL TEAMS COUNSELOR - 2020-2021

Professional development and implementation of young athletes program -

Talent management, assessment, and monitoring

Coaches education mentor

HEAD COACH, AA ÁGUAS SANTAS; PORTUGAL - 2017 - 2019

Portuguese First League – Head Coach

NATIONAL TEAM COACH, FAP; PORTUGAL - 2012-2016

Gold Medal, Winner of the Summer Universiade Gwangju, South Korea (2015) - Head Coach

Winner of 6th Doha International Tournament, Qatar (2012) – Head Coach

14^o place at World Championship M21, Brazil (2015) - National Coach

More than 200 matches with Portugal's Men's National Teams

50 matches as Head Coach of the Men's National Team of Portugal

NATIONAL JUNIOR TEAM COACH, FAP; PORTUGAL - 2005-2012

3 European Championships M20 presences (2008, 2010, 2012)

4 World Championships M21 presences (2007, 2009, 2011, 2015)

Qualification for European Championship M20 (2012) – Head Coach

Qualification for World Championship M21 (2011) – Head Coach

Qualification for European Championship M20 (2010) – Head Coach

Qualification for World Championship M21 (2009) – Head Coach

Qualification for European Championship M20 (2008) – Head Coach

Qualification for World Championship M21 (2007) – Assistant Coach

Silver Medal at European Championship M20, Bratislava (2010) – Head Coach

5^o place at European Championship M20, Turkey (2012) – Head Coach

7^o place at World Championship M21, Cairo (2009) – Head Coach

7^o place at European Championship M20, Bucharest (2008) – Head Coach

9^o place at World Championship M21, Thessaloniki (2011) – Head Coach

8^o place at European Open M19, Goteborg (2007) – Head Coach

Winner of 4 Nations Tournament M20 and M21 (2008, 2009) – Head Coach

HEAD COACH, FRANCISCO HOLANDA (DFH); GUIMARÃES - 2001-2005

National Champion 1st League

Winner Presidente da Republica Cup

Runner-Up at the Portuguese Cup Final

European Cups - Challenge Cup - Clubs' 1st (DFH) 2 European victory

HEAD COACH, CCD MACIEIRA; VILA DO CONDE - 1998-2001

Promotion to 2nd National League

PORTO TECHNICAL SPORTS DIRECTOR FEDERATION, AAP; PORTO - 1993-1998

Professional staff management - orientation and guidelines;

Coaches Education;

Talent management and assessment

COACH, BOAVISTA FC (BFC); PORTO - 1996-1997

Assistant Coach - 1st League Team;

Coach - 1st League Team

Junior Coach.

COACH, FC PORTO (FCP); PORTO - 1995-1996

Assistant Coach - 1st League Team;

Junior Coach.

COACH, SC SALGUEIROS (SCS); PORTO - 1988-1995

Coach from beginners to Junior Team

National Champion - Men's Junior Team

HABILITATIONS

The University of Porto, Faculty of Sport Sciences and Physical Education - Master's Degree in Sports Science - High-Performance Sports Training

The University of Porto, Superior Institute of Physical Education - Degree of Licentiate in Sport and Physical Education

SKILLS

I have participated in more than 200 training activities, courses, seminars, and workshops in Portugal or abroad - **Argentina, Austria**, Belgium, **Brazil, Cape Vert, Croatia, Denmark, East Timor**, France, Germany, **Guiné Bissau**, Hungary, **Italy, Mexico, Mozambique, Puerto Rico, Serbia, Spain**, and Switzerland as a participant or as a **lecturer**.

Author and co-author of articles in technical journals and textbooks.

Languages spoken: Portuguese (native), English (C2), Spanish (C1-C2), French (A1-A2), and German (A1 education started).

REFERENCES

EHF **Master Coach Pro** / EHF Coaching License

IHF CCM Lecturer (IHF)

Lecturer of Portuguese Handball Federation (FAP)

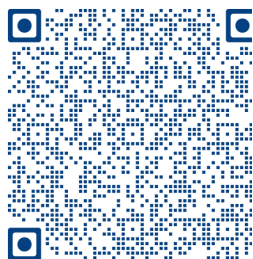
Merit Member of Porto Handball Federation (AAP)

Former teacher of handball at School of Education (ESEIPP) - sports science course

Twice nominated for Coach of the Year by the Confederação de Desporto de Portugal (Portuguese Sports Confederation).

Member of the Organize Committees of the European Championship 1994 and World Championship 2003, both in Portugal

Former player of FC Lapa (where I started), FC Gaia, and SC Salgueiros - Portuguese League.



EHF PRO Coaching
License



IHF CCM Lecturer



National Coach Course
Certificate



Master Degree Sports
Science - High Performance
Sports Training