**ALEJANDRO POLEDRI**

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**EDUCATION**

**FEDERICO WILLIAMS DICKENS INSTITUTE FOR PHYSICAL EDUCATION Buenos Aires, Argentina (INSTITUTO SUPERIOR DE EDUCACION FISICA Nº1 FEDERICO WILLIANS DICKENS)**

*Physical Education Teacher (5-year degree leading to national recognized diploma)* 2008 – 2017

**UNIVERSITY OF BUSINESS AND SOCIAL STUDIES** **Buenos Aires, Argentina**

**(UCES - UNIVERSIDAD DE CIENCIAS EMPRESARIALES Y SOCIALES)**

Teacher of weight training for physical conditioning and fitness 2013

**INSTITUTE OF THE CITY OF BUENOS AIRES Buenos Aires, Argentina**

**(INSTITUTO CIUDAD DE BUENOS AIRES)**

*Certified lifeguard* 2010

**INSTITUTE FOR SPORT Buenos Aires, Argentina**

**(ISDE - INSTITUTO SUPERIOR DE DEPORTES)**

*Certificate in Sailing*  2016

**CATEGORY 5 EMERGENCY CARE Cairns, Australia**

*Certificate Lifeguard 2023*

*Certificate Provide Pain Management 2023*

*Cetificate Provide First Aid 2023*

*Certificate Provide advanced resuscitation and oxygen therapy 2023*

**WORK EXPERIENCE**

**NATIONAL CENTRE FOR HIGH PERFORMANCE ATHLETICS**

**(CENARD -CENTRO NACIONAL DE ALTO RENDIMIENTO) Buenos Aires, Argentina**

**Coach for the Argentine Paralympic Swimming Team** **2015 - 2021**

* Physical conditioning coach for the paralympic swimming team (athletes on the team were medalists

in the Lima Pan-American games)

**Lifeguard y Massage therapist**

* Physical conditioning coach and massage therapist for the Modern Pentathlon team
* Massage therapist for the national judo team and swimming team

**SELF-EMPLOYED TRAINER Buenos Aires, Argentina**

**Personal Trainer**  2015 - present

**MUNICIPALITY OF THE COAST (MUNICIPALIDAD DE LA COSTA) Las Toninas, Argentina**

Partido de la Costa is on the Atlantic coast of Buenos Aires Province in Argentina.

**Lifeguard 2012 - 2022**

* Beach lifeguard
* In charge of search and rescue operations

**GREEN ISLAND**

**Cairns, Australia**

Green Island is on the Great barrier reef coast in Australia.

**Lifeguard 2023 - 2024**

* Beach lifeguard
* In charge of search and rescue operations

**LUJAN PLAYA**

**Mendoza, Argentina**

Lujan is on the Mendoza River in Argentina.

**Lifeguard 2025**

* Beach lifeguard
* In charge of search and rescue operations

**LANGUAGE & IT SKILLS**

* **Languages: Spanish** (Native), **English** (advance) **Portuguese** (Basic Proficiency)
* **IT skills:** Microsoft Windows, Microsoft Office, Google Workspace, social media tools (Instagram, etc.)

**CERTIFICATIONS AND CONTINUING PROFESSIONAL DEVELOPMENT**

* First International Physical Education and Sports Conference, Buenos Aires, Argentina, 2014
* Olympic Weightlifting Course (CEEF – Centro Europeo de Educación Física), Buenos Aires, Argentina, 2014
* Instructor Training Course - Weightlifting (ENADE), Buenos Aires, Argentina, 2013.
* Instructor Training Course - Suspension Training (Centro Cuerpo Conciente), Buenos Aires, Argentina, 2012
* Instructor Training Course - Running (Aires FIT), Buenos Aires, Argentina, 2011
* Advanced Instructor Training Course - Functional Training (CEEF – Centro Europeo de Educación Fisica), Buenos Aires, 2010.
* Instructor Training Course - Spinning (Aires FIT), Buenos Aires, Argentina, 2011
* Sports Massage Therapist Training Course with the use hot and cold stones (CENTRO MEDICO ESCUELA, CABA Argentina
* Whitewater Rescue Technician - PyR, Mendoza, 2025

**INTERESTS**

* Travelling, Listening to music, Cooking, football and, passionate about Brazilian Jiu-Jitsu (BJJ).

*References available upon request*