



Cruz, Tomas G.

EDUCATION

PHYSICAL EDUCATION TEACHERS (2018-2023)
OBRAS SANITARIAS INSTITUTE
Certification (Finish)

HIGH SCHOOL DEGREE SPECIALIZED IN SPORTS (2011-2015)
OBRAS SANITARIAS INSTITUTE
high collage (Finish)

COURSES

PREVENTIVE TRAINING (2022)
CICADE

PHYSICAL PREPARATION, SPORTS TRAINING AND BODYBUILDING (2021)
CICADE

CARDIOPULMONARY RESUSCITATION (2020)
Gualda Training

FUNCIONAL TRAINING AND HIIT INSTRUCTOR (2020)
Gualda Training

PERSONAL TRAINER INSTRUCTOR (2020)
Gualda Training

WORK EXPERIENCE

Rugby Physical Trainer and Manger
San Isidro Club, Feb 2023 - To Date

- Plan the preseason, season and postseason of the m17 category.
- Supervise the medical and maintenance staff who must be present before the star of the match performing their pertinent tasks.
- Supervise the M17 category players both in the gym and on the rugby field and warming up before matches.
- Pay travel expenses to the different referees of each match during the rugby sports day.

Personal Trainer
Independent, Feb 2018 - To Date

- Give personalized classes in gyms or buildings to people of different ages and training levels.

CONTACT:



1995/11/21



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1425, Argentina

PERSONAL SKILLS

- Professional and dedicated.
- Leadership
- Agile learning.
- Adaptable to new scenarios.
- Good presence and cordial treatment.
- Resolution against inconveniences.
- Excellent communication and interpersonal skills.

LANGUAGES

SPANISH ADVANCED

ENGLISH ADVANCED

SOCIAL NETWORK



tomasgonzalocruz



Tomas Gonzalo Cruz

REFERENCES

AVILA, LUCAS
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