

# Diego Ivan Ramirez Vela

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WEBSITES. ( PORTFOLIOS, **PROFILES** 

https://www.instagram.com/smfisic/

INTERESTS

- Outdoor activities
- Sports science

REFERENCES

References available upon request.

## PROFESSIONAL **SUMMARY**

Successful keeping athletes safe and on form. Experienced setting training goals and helping individual team members achieve personal standards. Specializing in MMA.

Well-versed in load tracking using methods such as GPS, heart rate monitors and muscle EMG technology. Well-organized and analytical with strong planning, multitasking and communication abilities.

Offering 6+ years of related experience. Goal-oriented Strength and Conditioning Coach with solid background in building and managing individual and group training programs. Experienced optimizing athletic performance through speed, strength and power conditioning. Detail-oriented, systematic and driven to achieve remarkable results with every athlete.

SKILLS

- Technique Instruction
- Progress Monitoring
- **Documentation Skills**
- Gym Maintenance

## **WORK HISTORY**

#### STRENGTH AND CONDITIONING COACH

01/2023 to CURRENT

# SICK MEXICAN FIGHTERS DOJO (SMF) | Mexicali, Baja California, Mexico

- Enhanced athlete performance by designing and implementing customized strength and conditioning programs.
- Reduced injury rates through detailed assessments, targeted mobility exercises, and proper movement pattern training.
- Implemented sport-specific conditioning drills to improve athletic capabilities in various team sports.

COACH

01/2022 to 01/2023

CENTRO DE TRANSFORMACION FITNESS | Mexicali, Baja California, **Mexico** 

- Enhanced athlete performance by implementing personalized training programs and providing constructive feedback.
- Assisted head coach in developing game strategies, resulting in improved team performance and higher win rates.
- Conducted regular evaluations of athletes" skills and progress, enabling targeted coaching to address weaknesses.

## **SWIM INSTRUCTOR**

05/2018 to 11/2021

## AQUA GYM | Mexicali, Baja California, Mexico

- Enhanced swim lesson effectiveness by incorporating various teaching methods and styles tailored to individual student needs.
- Improved overall student swimming proficiency through consistent evaluation, feedback, and personalized instruction.
- Contributed to a safe and enjoyable learning environment by enforcing pool rules and maintaining constant supervision of students.

### **SECURITY SUPERVISOR**

12/2016 to 05/2018

## IRON STAR SEGURIDAD PRIVADA | Mexicali, Baja California, Mexico

- Enhanced security measures by conducting thorough risk assessments and implementing new protocols.
- Reduced incidents of theft and vandalism by closely monitoring surveillance systems and coordinating with law enforcement.
- Improved employee safety by conducting regular training sessions on emergency procedures and proper use of security equipment.

**EDUCATION** 

Degree in Physical Activity And Sport | Health And Fitness 12/2017
UNIVERSIDAD AUTONOMA DE BAJA CALIFORNIA, Mexicali, Baja
California, Mexico

LANGUAGES

Spanish English

Bilingual or Proficient (C2) Upper intermediate (B2)

SOFTWARE \( \) Microsoft Office Social Media

Communication tools Word processing and desktop publishing tools