



# 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**

