

# MAICO CABESTRE

CREF: 035825-G/SP | Physical Education Professional | Fitness Instructor | Aquatic Specialist | Paralympic Coach

## PROFILE

Over 20 years of experience in Physical Education, aquatic activities, rehabilitation, and adapted sports. Postgraduate in Aquatic Activities, with additional certifications in Coaching and Massage Therapy. Founder of a Paralympic sports association, with international experience in high-performance competitions and social projects. Passionate about inclusive sports, fitness training, and well-being.

## EDUCATION

- Postgraduate Degree in Swimming and Aquatic Activities - Gama Filho University (UGF), Brazil
- Bachelor's Degree in Physical Education - Pontifical Catholic University of Campinas (PUC), Brazil
- Massage Therapy Course - Technical level
- Coaching Certification

## PROFESSIONAL EXPERIENCE

Studio Fitness Funcional - Owner / Functional Training Instructor (Campinas, Brazil - 2012 to Present)

- Conducted personalized training sessions focused on strength, mobility, and rehabilitation.
- Specialized in group and individual classes for diverse audiences.

Grupo Investiga / Allergisa - Atletas Samsung Project (2021 to 2022)

- Support and guidance for high-performance athletes in inclusive sports.

AcquaFitness Gym - Owner / Aquatic and Fitness Instructor (2009 to 2012)

- Managed daily operations, taught swimming, aqua fitness, and strength training.

Centro Cultural Louis Braille - Physical Education Teacher (2004 to 2009)

- Led adaptive physical education for visually impaired individuals.
- Coach of blind futsal and adapted sports.

A.A. Banco do Brasil Club - Swimming and Aqua Fitness Coordinator (2004 to 2007)

- Trained master and Paralympic teams; coordinated aqua fitness and swimming programs.

Associacao Paraolimpica de Campinas (APC) - Founder (Since 2007)

- Developed inclusive sports projects and events for athletes with disabilities.

Brazilian Paralympic Swimming Team - National Coach / Staff Support (2005 to 2007)

- Participated in international competitions representing Brazil.

Paulista Swimming Team - Swimming Tapper (2006)

PPD Teams - Campinas & Sao Caetano - Coach (Swimming and Athletics) (2001 to 2009)

## **INTERNATIONAL COMPETITIONS**

- International German Swimming Championships - Berlin, Germany (2008)
- EuroWaves Open Cup - Czech Republic (2008)
- Parapan American Games - Rio de Janeiro, Brazil (2007)
- IPC Swimming World Championships - Durban, South Africa (2006)
- Pan American Games for the Blind - Sao Paulo, Brazil (2005)

## **SKILLS & CERTIFICATIONS**

- Functional training, swimming, hydrotherapy, massage therapy
- Sports coaching and team leadership

- Adapted physical education and Paralympic sports
- Fluent in Portuguese, intermediate English
- Great communication, teamwork, and multicultural experience