



INGRID JOHANA CASTRO CALDERON

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Date and Place of Birth: June 19, 1994, Bogotá

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PROFILE

A specialist in disabilities, a professional in sports science and physical education, and a sports training technologist, she has comprehensive training and team management skills focused on sports, administrative support, and related areas. She has the ability to apply the knowledge she has acquired throughout her program in a strategic, creative, timely, and innovative manner. She is an entrepreneur with initiative, efficient, and a team player. She is committed to her work, eager to accept daily challenges, eager to learn, succeed, and gradually gain experience.

STUDIES CARRIED OUT:

Specialization: Specialization in Disability, Physical Education, Recreation and Sports: Adapted. (2020)

Professional: Professional in Sports Sciences and Physical Education (2019)

Technologists: Sports Training Technologist SENA (2013)

English Courses:	Level 10 TECHNISYSTEMS (2013)
Secondary:	Arborizadora Baja District Educational Institute Academic Bachelor Promotion (2011)
Courses:	Para-Swimming Coaches Training 2024) Medical-functional classification LEVEL B (2024) Medical-functional classification LEVEL C (2022) Pilates for everyone (2020) Adaptive Rugby Training (2020) First Responder for the Community (2020) Basic Techniques Workshop 1 Fit Combat (2017) First Update on Indoor Cycling (2016) Sports Administration and Event Management (IDRD) 2015 Training in soft skills (2015)
Congresses:	FIFA Futsal Congress (2012)
Seminars:	1st Physical Activity Seminar (IDRD) 2015

WORK EXPERIENCE

Technical Secretary:National Intercollegiate Final Pereira 2021 **Technical Secretary:**I National Para-Swimming Open Cali 2022 **Technical Secretary:**Bogotá 2022 Intercollegiate Departmental Final Para-Swimming.

Technical Secretary:II National Para-Swimming Open Barranquilla 2022
Technical Secretary:III National Para-Swimming Open Villavicencio 2023
Technical support:Bogotá 2023 Youth Parapan American Games. **Technical support:**2023 Coffee-Growing Region Paranaional Games. **Technical Secretary:** Villavicencio 2024 Paralympic Swimming Open **Technical Secretary:** Paraswimming Interclubs Palmira 2024 **Technical Coordinator:**I Youth Paranaional Games Eje Cafetero 2024. **Championship Director:**Bogotá 2024 National Intercollegiate Final. **Championship Director:**Para-South American School Games Bucaramanga 2024.

Technical management, supporting delegations at various national and international events, reviewing projections, records, and performance curves. Monitoring and controlling multi-medal-winning athletes (guaranteeing their needs); organizing, requesting, and scheduling the various events in which Colombia participates with the various athletes selected. Reviewing training plans for national coaches. Authenticating each of the executed projects and collecting supporting documents for them. Organizing sporting events, requesting specific needs, and distributing tasks to the staff in charge (setting up). *Colombian Para-Swimming Federation (April 2024-December 2024)*

Methodologist, supporting delegations at various national and international events, reviewing projections, records, and performance curves. Monitoring and controlling multi-medal-winning athletes (guaranteeing their needs); organizing, requesting, and scheduling the various events in which Colombia participates with the various athletes selected. Reviewing national coaches' training plans. Authenticating each of the executed projects and collecting supporting documents for them. Organizing sporting events, requesting specific needs, and distributing tasks to the staff in charge (setting up). *Colombian Para-Swimming Federation (January 2023-December 2023)*

Technical support for management, providing support and monitoring to coaches of athletes with potential in Para-swimming, supporting athletes at various training camps and events, and acting as technical secretary for qualifying events. Legalization of each of the executed projects and the collection of supporting documents for them. Organization of sporting events, requesting specific needs for them, and distributing tasks to the staff in charge (setting up).

Colombian Para-Swimming Federation (February 2022-December 2022)

Physical Activity Professor, developing activities such as methodology design and group process support. *Compensate (September 2021 - February 2022)*

Sports methodologist at the Argentino Junior Club, she leads and coordinates the teaching team and works with the disabled and elderly population.

Argentine Junior Club (January 2019-January 2022)

IDRD Physical Activity Teacher, leads group classes and supports administrative processes such as scheduling and distributing teachers, SIM platform support, activity scheduling and creation, reporting, and closing.

IDRD (February 2016 – December 2019)

Colombian Paralympic Committee: support the registration process, mass enrollment, national and international ranking and record-breaking, training support, and qualification for sports such as Para-swimming and Para-powerlifting.

CPC (June 2019-December 2019)

Functional Fitness Center (FTF) Functional Fitness trainer conducting group classes, training support, load monitoring, physical assessments, anthropometric measurements.

FTF (November 2015 – June 2016)

Physical education classes in various childcare centers for family welfare, vulnerable populations, and children.

Family Welfare (February 2015 - November 2015)

Chechy Baena Skating School: development of work plans, monitoring of training and screening of children in the sport's initiation, personalized skating training, and talent selection.

Chechy Baena (February 2014- August 2015)

Cici Aquapark, children's pool care, wave pool lifeguard, verification of proper use of space, distribution of tasks among staff in charge.

Cici Aquapark (August 2014-December 2014)

PERSONAL REFERENCES:

Name: Monica Mendez
Phone: 3016177498

Name: Diana Briceño
Phone: 3132774808

FAMILY REFERENCES:

Name: Monica Castro
Phone: 3112581686

Name: Camilo Castro
Phone: 3124446960

Ingrid J. Castro.

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