



## ABOUT ME

My passion lies in sport and education, particularly through football. I have spent over 20 years dedicated to educating people through physical activity — whether in a sporting, pedagogical or recreational setting. My focus is on promoting sporting values and bringing out the best in every individual under my guidance.

## CONTACT

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- Villena, Alicante. Spain**

## EDUCATION

- Bachelor's Degree in Physical Activity and Sports Sciences. University of Alicante.
- Bachelor's Degree in Physical Education Teaching. Catholic University of Valencia San Vicente Martir.
- Specialisation in Therapeutic Pedagogy. Catholic University Santa Teresa de Jesús de Ávila.
- English Language Certification B1 level (in progress).

# Silvia HERNÁNDEZ

COACH, FITNESS TRAINER AND TEACHER

## PROFESSIONAL EXPERIENCE

### COACH AND STRENGTH & CONDITIONING TRAINER

#### Club Inprosports CF

2015 - Present

- Strength and conditioning coach for the senior team, achieving promotions to regional and national leagues.
- Head coach for various youth teams within the club, both 8-a-side and 11-a-side football..

#### Villena CF

2014 - 2015

- Head coach of the women's football team.

#### Villena FS Femenino

2010-2013 / 2022-2023

- Physical trainer for the senior futsal team with promotions to the National League..
- Finalist of the Valencian Community Cup on three occasions and participants in the national promotion play-off.

#### Club de FS San Blas Sax

2021-2022

- Trainer for the men's third-division futsal team.

#### Jessica Castelló. Professional Padel Player

2012 - 2015

- Provided personalized training for Jessica Castelló, a professional padel player.

### PHYSICAL EDUCATION TEACHER

#### La Encarnación school from Villena (Alicante)

2008 - Present

- Serving as a primary school Physical Education Teacher since 2008.
- Member of the Leadership Team as Head of Studies during the 2021-22 and 2022-23 academic years.

## ADDITIONAL TRAINING

- UEFA B
- Soccer Coach License, Level 1.
- National B Beach Soccer Coach
- Pilates Matwork Instructor Certification (APTA Vital Sport, 2016).
- Certificate in Physical Preparation for Women's Football – Barça Innovation Hub
- Matwork Pilates Instructor – APTA Vital Sport.
- Master's in Soccer - BeMagistral
- Soccer in English Course - Feel Spanish Football.



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## SPORTS EXPERIENCE

### FOOTBALL

#### Club de Fútbol Villena

1998 - 2001

- Senior team player.

#### Club Inprosports CF

2018 - 2020/2024-Present

- Senior team player.

### FUTSAL

#### Villena Fútbol Sala Femenino

2009-2014 / 2022-2023

- Captain of the senior team.
- Achieved promotion to the National League and reached the Valencian Community Cup final.
- Won the regional league in 2022-23 and qualified for National League Playoffs.
- Strength and conditioning coach and senior team player with achievements including National League promotions and participation in high-stakes playoffs.

#### Club Inprosports CF

2023-2024

- Captain of the senior team, champions of the Valenta Promotion League.
- Led the team to promotion to the Valenta Regional League.

### BEACH SOCCER

#### Comunidad Valenciana Team

2019-2021-2022

- Represented Valencia in the Spanish National Territorial Cup.
- Runner-up in Spain in 2021.
- Achieved third place in 2022.

#### Club Turia Beach Soccer

2021-2022-2023

- Played in the First National League and Copa de la Reina (Queen's Cup).
- Top scorer of the Copa de la Reina in 2023.

#### Alicante Sun CF

2024 - 2025

- Competed in the second division of the National Beach Soccer League.