



Europass Curriculum Vitae



Personal information

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Nationality Portuguese

Date of birth 14/06/1984

Gender Male

Desired employment / Occupational field

Coach (UEFA B/II Level)

Work experience

Dates	March 2024 to present
Occupation or position held	Head Coach
Main activities and responsibilities	Head Coach of U18 & U12
Name and address of employer	Sporting FC – Academy Toronto
Type of business or sector	Soccer Club
Dates	July 2021 to March 2024
Occupation or position held	Technical Coordinator/Coach
Main activities and responsibilities	Coordinate and supervise the Coaches according to the general guidelines of the project
Name and address of employer	North York Academy - Toronto- Canada
Type of business or sector	Soccer Club
Dates	August 2014 to February 2020
Occupation or position held	Technical Coordinator/Coach
Main activities and responsibilities	Coordinate and supervise the Coaches according to the general guidelines of the project
Name and address of employer	FC Porto / Dragon Force Lisbon - Portugal
Type of business or sector	Football School – FC Porto SAD
Dates	November 2012 to January 2014
Occupation or position held	Personal Trainer
Main activities and responsibilities	Personal Trainer and Fitness trainer
Name and address of employer	Aquafitness – Quinta do Texugo
Type of business or sector	Health Club
Dates	September 2010 to July 2014
Occupation or position held	Coach
Main activities and responsibilities	Youth coach - football training
Name and address of employer	Beira-Mar Atlético Cube de Almada (Almada, Portugal)
Type of business or sector	Football Club

Dates October 2009 to June 2010
Occupation or position held Coach
Main activities and responsibilities Youth coach - football training
Name and address of employer Training School Football in "Fernando Chalana" (Almada, Portugal)
Type of business or sector Football School

Dates October 2008 to September 2009
Occupation or position held Coach
Main activities and responsibilities Youth coach - football training
Name and address of employer Sporting Clube de Braga
Type of business or sector Football School - SC Braga SAD

Dates September 2008 to February 2009
Occupation or position held Physical trainer/ Assistant Coach
Main activities and responsibilities Coach of the senior CD Celeirós
Name and address of employer CD Celeirós – Braga (Portugal)
Type of business or sector Football Club

Dates March 2008 to October 2008
Occupation or position held Personal Trainer
Main activities and responsibilities Personal Trainer and Fitness trainer
Name and address of employer Holmes Place – Braga (Portugal)
Type of business or sector Holmes Place Training Academy

Dates September 2007 to July 2010
Occupation or position held Scout
Main activities and responsibilities Detection and selection of young talents in football
Name and address of employer FC Porto
Type of business or sector FC Porto SAD

Dates September 2006 to July 2021
Occupation or position held Teacher of Sport and Physical Education
Main activities and responsibilities Teacher of primary and secondary school
Name and address of employer Ministry of Education
Type of business or sector Public sector

Dates September 2005 to July 2008
Occupation or position held Coach
Main activities and responsibilities Youth coach - football training
Name and address of employer Training School Football in "O Fintas" – Braga (Portugal)
Type of business or sector Football School

Education and training

Dates January 2011
Title of qualification awarded Rope Skipping
Principal subjects/occupational skills covered Rope Skipping (Rope in School)
Name and type of organisation providing education and training Gymnastics Federation of Portugal
Level in national or international classification Workshop (activity not subject to review)

Dates March 2009
Title of qualification awarded Module 1 of Coerver Coaching

Principal subjects/occupational skills covered Football Skills - Teaching Method

Name and type of organisation providing education and training Coerver Coaching Portugal

Level in national or international classification 100%

Dates February 2008

Title of qualification awarded First Aid and Water Rescue

Principal subjects/occupational skills covered Course 1 First Aid and Water Rescue

Name and type of organisation providing education and training Holmes Place - Training Academy

Level in national or international classification 100%

Dates January 2008 to March 2008

Title of qualification awarded Food advice

Principal subjects/occupational skills covered Sports Nutrition and Supplementation

Name and type of organisation providing education and training Holmes Place - Training Academy

Level in national or international classification 93%

Dates December 2007

Title of qualification awarded Personal Trainer

Principal subjects/occupational skills covered Course "Shokk" - gym for children and young people from 8 to 16 years.

Name and type of organisation providing education and training Holmes Place - Training Academy

Level in national or international classification 80%

Dates September 2007 to February 2008

Title of qualification awarded Personal Trainer

Principal subjects/occupational skills covered PT Foundation Course

Name and type of organisation providing education and training Holmes Place – Training Academy

Level in national or international classification 80%

Dates June 2006

Title of qualification awarded Animator

Principal subjects/occupational skills covered Animation Kids and Recreational Activities

Name and type of organisation providing education and training Manz Productions

Level in national or international classification Level I

Dates Of September 2002 to May 2008

Title of qualification awarded Master of Sport and Physical Education - Complementary High Yield Option (Football)

Principal subjects/occupational skills covered	Professional Sport and Physical Education, specializing in high performance football. In this formation were further addressed subjects such as: - Teaching (Swimming, Football, Basketball ...); - Elementary Education / Sport; - Physiology; - Anatomy;	- Biomechanics; - Statistics; - Traumatology;	- Psychology of Sport; - Sociology of Sport; - Methodology Football.
Name and type of organisation providing education and training	Faculty of Sport, University of OPorto (FADEUP)		
Level in national or international classification	15 values		

Personal skills and competences

Mother tongue(s) **Portuguese**

Other language(s)

Self-assessment

European level (*)

English

French

Spanish

Understanding		Speaking		Writing
Listening	Reading	Spoken interaction	Spoken production	
B2	B2	B2	B2	B2
A1	A1	A1	A1	A1
A1	A1	A1	A1	A1

(*) [Common European Framework of Reference for Languages](#)

Social skills and competences

Ease of teamwork and team spirit;
Ability to adapt to multicultural environments and in different areas;
Good communication skills;
Leadership ability;
These features have been developed throughout the various professional activities performed.

Organisational skills and competences

Member of the organizing committee of several activities highlighting:
- Study Visit to Canoe Club Prado (May 2007);
- Inter-Secondary Schools Tournament Braga (April 2007);
- Cross Country School of Sports (2005);

Technical skills and competences

Lecturer in the workshop "Meet the Students";
Participation in training, seminars, conventions several areas, among them stands out:
- Football;
- Sport and health;
- Swimming;
- First aid;
- Spinning.

Computer skills and competences

Domain area of Microsoft Office, especially Excel, Word, Power Point and Publisher, SPSS and Internet research.

Artistic skills and competences

Member of the Tuna Musicatta Contractile FADEUP, September 2002 to present date.

Other skills and competences

- Representante Editorial – Porto Editora/Raiz Editora. Zona Sul, 2013 to 2017.
- Football Player in Training Squadron (Junior A) season 2002/2003, the CD Cinfães.
- Football Player in Senior Squadron October 2010 to 2014 in the Beira-Mar Atlético Clube de Almada;
- Football Beach Player in Senior National Championship

Driving licence

Driving license category B

Additional information

Toronto

