

Gonzalo Nicolas Llansó

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PERSONAL DETAILS:

Passport: AAC572576
Date of birth: 20/04/1986
Nationality: Argentine



PROFILE

A confident, enthusiastic and committed strength and conditioning coach, who has a strong experience in sport science. Key strengths include analysis and individualization of the athlete requirements, programming and implementation of scientifically validated methodologies.

HIGHLIGHTS OF QUALIFICATIONS

Bachelor Degree in Sport and Physical Education, Certificate in Neuroscience and Training. Professional with over ten years of proven experience teaching and forming players from junior to elite level in national teams and prestigious organizations. Expertise developing rehabilitation programs in coordination with the medical department for professional athletes.

Currently I am studying and working to create a structured and systematic way to approach to the motor failures and correct them to prevent injuries based on the central nervous system.

WORK EXPERIENCE:

- Dec/17 - Actual: **Senior Sport Science Lecturer** - China
Position Title: Lecturer in sport Science S&C, Speed development.
Activity: Providing coach education workshops for tennis and fitness coaches.
- Jun/15 - Actual: **Qatar Tennis Federation** - Doha, Qatar
Position Title: High Performance coach – National team
Achievement : Final in Asian Championship 2017
Qualification to Arab Championship 2017
Winning gold medal in GCC championship 2016
- Jan/14 - Feb/15: **Italian Tennis Federation** – Pisa, Italy
Position Title: High Performance coach
Activity: Developing and implementation of strength and conditioning program for the best U-18 national players
- 2009-Actually : Strength and condition Coach
Position Title: Head Coach
Activity: Strength and Conditioning Head Coach of Tristan Boyer since 2013
USA Davis Cup junior Player / ITF Rank: N°8
Trainer of Mirko Cutuli, Sicily, Italy
Recovery Manager and fitness of female tennis player: Belen Corvalan (350WTA) 2007-2011 Buenos Aires, Argentina
Annual jobs with youth high ranked tennis players, BA, Argentina.

2005-2013: Pucara Rugby Club
Position Title: Strength and Conditioning Coach
Activity: Head Coach of strength and conditioning youth squads.
I have been responsible for group and individual physical training for junior players to pro level, and I have established new results-oriented protocols that have built program efficiencies, and set KPI standards.
Clinical Lecturer in Sport Development
Rugby trainer in category under 19, 13, 11 and 9 years old
Swimming professor youth division.

Institution: Instituto Modelo de Educacion Fisica
Position Title: Physical Education Teacher
Activity: Teacher of the rugby Professorship level 1 and 2

Institution: Generation College
Position Title: Physical Education Teacher
Activity: Soccer and athletics professor – High School.

Institution: Grilli Canning College
Position Title: Physical Education Teacher
Activity: Soccer professor and Teacher in charge of the sport tour Uruguay 2010

Institution: Westminster College
Position Title: Physical Education Teacher
Activity: Soccer and athletics professor – High School.

Institution: Irish College
Position Title: Physical Education Teacher
Activity: Rugby and athletics professor in primary and High School

Institution: Pupi Zanetti Foundation
Position Title: Physical Education Teacher
Activity: Swimming and recreation professor for Kinder.
Physical education for primary level

EDUCATION:

- Certificate in Neuroscience and Training

FC Barcelona / Universidad Siglo 21

- Certification Physiology, Motor Control and Flexibility

ACSM / American College of Sports Medicine

-Bachelor Degree in Sport and Physical Education

Model Institute of Physical Education (4 years)

-Postgraduate course in high performance sports and Neuro Training

University of La Plata (Argentina)

-Strength and Power Certification – Sport sciences

University of Business and Social Sciences, (Argentina)

- Certification of Physical Training Course applied to Tennis.
F.I.T. (Italian Tennis Federation)
- CPR Course and implementation of DEA
American Heart Association.
- First Aid Course.
Instituto Modelo de Educación Física (IMEF)
- Strength and Conditioning in acyclic sports.
Boca Juniors Athletic Club. (Buenos Aires)
- Certification of High Performance weightlifting coach
Argentinean Weightlifting federation
- Certification of Plyometric and Intermittence
Boca Juniors Athletic Club
- High Performance Training Prof. Horacio Anselmi.
- High Performance applied to Rugby
Buenos Aires Rugby Union (U.R.B.A.)
- SMART Rugby Course.
Buenos Aires Rugby Union (U.R.B.A.)
- Anthropometry Course.
Buenos Aires Rugby Union (U.R.B.A.)
- Strenght, Power and Physical Training Course.
Pucara Rugby Club (Horacio Anselmi)
- Group Leadership Course.
Buenos Aires Rugby Union (U.R.B.A.)
- Clinic about Asma and Sports.
Instituto Modelo de Educación Física (I.M.E.F.)
- Clinic about Physical Education and Mental Health.
Estévez Hospital

LANGUAGES

Italian: Native
Spanish: Native
English: Professional