

Alejandro del Águila Sánchez



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@Alexdelaguila1



Almería, Spain

Job Experience

- 2022-Now
Europe
- External Biomechanics expert in force plates for Kistler**
- Support Kistler with set-up and demonstrations with new costumers in Europe.
 - Lecturer in conferences and workshop.
 - Research using force plates.
- 2017-Now
Europe
- High performance teams external consultant**
- This work consisted of carrying out neuromuscular tests to screen the team, control fatigue-recovery and see changes in the training process.
 - This work has been carried out throughout Europe, working with different UEFA teams and national teams.
 - Different preventive or performance optimizing protocols were also carried out.
- 2015-Now
Almería, Spain
- Owner in Alex del Águila Personal Training Center**
- Manage the center and supervise the work of the coaches.
 - Carry out personal training with clients of all levels, from La Liga soccer players, professional athletes of any sport, people with pathologies, injuries or training groups.
 - Manage researching group in S&C and rehabilitation.
- 2017-2020
Europe
- Forcedecks - Vald performance**
- Sports scientist expert in Forcedecks. My job consisted of traveling throughout Europe advising and helping high performance teams to use Vald Performance technology, specifically, my specialty, ForceDecks. Following the steps and criteria of my mentor: Daniel Cohen.
 - Lecturer in conferences and workshops.
- 2018-2021
Almería, Spain
- Strength and Conditioning Coach- Mintonette Volleyball**
- Design and implement strength training and conditioning programs in season, pre-season, and off-season.
 - Manage technology, such as GPS devices and HR sensor (Wimu), force platforms, LPT... With its subsequent analysis and report to the Head Coach.
 - Realization of reports and individualized dashboards of the state of the athlete and team to later carry out a more individualized work.
 - Train injured players to recover from their injury.
- 2013-2015
Almería, Spain
- Quelmont Sport Center**
- Trainer in the weight room.
- 2010-2013
Spain
- Professional and International Volleyball Player**
- Professional volleyball player in Unicaja Almería. Winner of Spanish Superleague and King cup.
 - International with Spanish National Team in Youth. Qualified for the European and world championships, fifth position in European championship and second in the world.

Graduated in Physical Activity and Sports Sciences, University Isabel I, Burgos, Spain.

Master in Personal Training and Injury Rehabilitation, University Isabel I, Burgos, Spain.

University Expert in High Performance Sports Scientist, Sport Coach Academy, Spain

University Expert in Assessment and Technology, University Isabel I, Burgos.

University Course in statistics by Will Hopkings, University of Victoria, Australia.

CPR/AID/First Aid certification.

Different courses in the S&C, S&S and rehab trainer sector.

NSCA CSCS

Lecturer in different University Masters related in S&C, Sports Scientist and Sports and Data

Languages

Spanish Native

English advanced

Other Knowledge

High knowledge in Microsoft office and Macintosh package, statistical software as Jamovi or Jasp, data visualization software as Tableau or PowerBI. Good level of knowledge and quick use of different software and hardware as force plates (Forcedecks or Kistler) , Tracking systems (Wimu, catapult or Stat Sports), lineal position transducers (Gym Aware, Chronojump or T-Force), timing gates (Microgate or SmartSpeed), Vald performance products and cloud and many others software and devices.

Skills

Leadership skills, communication, problem solving, professional ethics, data and analytics, teamwork, desire to learn, empathy and flexibility and adaptability.

Hobbies

Travel and sports apasionate, ex-professional volleyball player and actually kitesurf and beach volleyball practitioner. I like to invest my free time in read, make complementary courses to improve my knowledge and research in sports sciences.

Research or communications

Researchgate profile: <https://www.researchgate.net/profile/Alejandro-Del-Aguila>

Countermovement jump kinetics and prospective risk of anterior knee pain in male professional volleyball players

Relationship Between Service Velocity and ASH test performance in Professional Volleyball Players

Finalist for the award best younger researcher in Porto 2021, SCS conference.

Oral communication in NSCA International Conference in Madrid, 2018. Mid-thigh pull and Isometric Squat peak force and dynamic strength index reliability in unfamiliarised recreational athletes.

Reference List

- Paulino Granero. Head Strength and Conditioning Coach in CSKA Moscow and Russia National Team. paugranero@hotmail.com . +34 617 447 091
- Daniel Dylan Cohen. Founder of Forcedecks, High performance teams consultant and researcher. danielcohen1971@gmail.com . +57 318 619 5851
- Jose Luis García. Head of Strength and Conditioning department in Villarreal CF Academy and Sports Scientist of Villarreal first team. jlgracia@villarrealcf.es . +34 607 080 734