

Rodrigo Alvira

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Education

Master of Arts in Higher Education and Counseling **December 2020**
○ Lincoln University, Jefferson City, MO

Bachelor of Science in Exercise Science **May 2018**
○ University of Wisconsin Superior, WI

Certifications & Licenses

- **The Applied Neuroscience of High Performance, EXOS** **November 2020**
- **Anterior Cruciate Ligament Rehabilitation, Reevolution. Athletics.** **October 2020**
- **CPR & First Aid, American Red Cross** **January 2020**
- **CSCS, National Strength and Conditioning Association** **December 2018**
- **Strength in Team Sports, Barça Innovation Hub** **September 2018**

Relevant Work Experience

Strength & Conditioning Coach, Lincoln University, Jefferson City, MO **January 2019-Present**



- Managed Men's, Women's Basketball & Women's Golf programs to implement training during all competitive and non-competitive seasons.
- Assisted Football and Women's Softball programs.
- Empowered student-athletes to enjoy training while improving their physical & mental performance.

CEO, Spaniard Performance

January 2019-Present



- Train and assess athletes online for performance, manage 7 active clients weekly check ins and updates.
- Online training program for team sports athletes.
- Offered continuous free information through social media, blog and interactive videos.

Strength and Conditioning Coach, Old School Basketball, Spain

August 2018 – January 2019



- Supervised Men's and Women's basketball at Senior, U18, & U16 national level, developing training for physical development and general athletic preparation.
- Travelled with teams to ensure proper preparedness before and during games.
- Established meaningful relationships with athletes to ensure trust and adherence to the training program.

Strength and Conditioning Specialist, Smart Fitness, Dubai.

May 2018 – August 2018



- Oversaw clients with sport related goals, between ages of 14 to 47 years old.
- Educated clients on nutritional and optimal recovery lifestyle.
- Earned trust of my clients through relationship and consistent attention.

Strength and Conditioning Internship, IST, Duluth, MN.

September 2017-December 2017



- Trained individual and group setting athletes at high school level.
- Observed training for amateur and professional hockey athletes.
- Organized Warm-Ups for high school level athletes.

Strength and Conditioning Internship, University of Wisconsin Superior. October 2016- October 2017



- Programmed training for pre, during and off-season for Men's Basketball.
- Monitored two ACL injured athletes through full recovery.
- Communicated with Head and assistant sport coaches about player progress and state.

Professional Development

Articles & Publications:

- Rodrigo Alvira. (2020, July 27th). *The effects of biological sex on fatigue recovery from resistance exercise*. VITRUE FIT. <https://vitruve.fit/biological-sex-during-recovery/>
- Rodrigo Alvira. (2020, June 11th). *5 Ways to Use VBT*. VITRUE FIT. <https://vitruve.fit/5-ways-to-use-vbt/>
- Rodrigo Alvira. (2020, July 8th). *How to recover faster and better*. VITRUE FIT. <https://vitruve.fit/recovery/>
- Rodrigo Alvira. (2019, February 5). *Menstrual cycle and performance*. SPANIARD PERFORMANCE. <https://spaniardperformance.com/2019/04/05/menstrual-cycle-and-performance/>

Conferences Attended:

- CSCCA National Conference 2019, Kansas City, MO. May 2019
- FC Barcelona Strength in Team. Sports 2018, Barcelona, Spain. October 2018
- NSCA Regional Conference, St. Thomas University, MN. March 2017

Skills

- Microsoft Excel.
- Team Builder Software.
- VBT Encoder and Software.
- Leadership Skills.
- Communicative Skills
- Fluent on Spanish, and English

