

Roger Montenegro B.S. C.S.C.S.

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Education

B.S. in Applied Physiology and Kinesiology, Cum Laude

University of Florida, Gainesville, Florida

Minor in Business Administration

Certified Strength and Conditioning Specialist (CSCS),

National Strength and Conditioning Association (NSCA), 2013.

Work Experience:

Head Strength Coach/ Personal Trainer / Co-Owner, 10.2016-Present

Made Possible Personal Training, Saint Petersburg, Florida, U.S.A.

- Developed, supervised, and implemented annual/monthly comprehensive, speed, strength and conditioning programs for clients' goals.
- Researched Training, recovery, nutrition strategies to optimize clients health and goals.
- On the Strength and Conditioning side-Consulted with athletes from Colombia, Australia, New Zealand, Kuwait, Lithuania, Croatia and Spain seeking better sports performance.
- Analyze technique in person or virtually, look for strengths and weaknesses and program for each individual person to address their desired goals.
- Managed recovery, rehabilitation and nutrition of athletes and clients for optimization of performance and daily life.

Performance Science Assistant, 01.2018 – Present

New York Yankees, Tampa, FL. USA

- Verbal and written translation between science staff and Latin American players. Created new content in Spanish for Latin American players to stay updated with latest nutrition, recovery, biomechanics research.
- Assisted with collection and input of data on in-house research projects under MLB compliance. (Including work with Vald performance, Kitman Labs, K-Vest, Oculus, Fusion Sport, Pressure Mats, Force Plates, etc.)

Event Manager, 03.2017-01.2019

Fitter & Faster Swim Tour, Rockville, Maryland, U.S.A. – www.fitterandfaster.com

- Managed swim clinics around the country with Olympic medalist swimmers to teach technique and progression to age group swimmers.
- Made sure all athletes understood what it takes to become a top swimmer and implement techniques to teach conference to large group audiences.

Strength & Conditioning Coach / Head Swimming Coach, 11.2015 – 10.2016

Kings College, Auckland, New Zealand- www.kingscollege.school.nz

- Developed, supervised, and implemented annual comprehensive, speed, strength and conditioning programs for seven sporting teams.
- Supervised, instructed and demonstrated the execution of proper running and swimming mechanics and weight lifting techniques with a focus on injury prevention, mobility, endurance and recovery.

Personal Trainer, 08.2014 – 06.2015

Crunch Fitness, Oakland Park, Florida, U.S.A.- www.crunchoaklandpark.com

- Created individualized programs, assessed clients, and created goals based on fitness level. • Sold and retained large Personal Training Packages to upwards of 30 clients.
- Taught boot camps and Speed and Agility classes.

Athletic Performance Coach, 05.2013 – 08.2014

Spark Athletic, Kuwait City, Kuwait - www.sparkathletic.com

- Made periodized programs and analyzed techniques for overall improved of athlete's progressions.
- Managed metabolic car, BodPod, Wingate bike to access clients VO2 Max and baseline measurements. • Research and implemented new field methods while formulating presentations for staff development.

Consultant for Athletic Performance, 06.2013 – 06.2014

Kuwait Sporting Club (Water Polo), Kaifan, Kuwait - www.kuwaitclub.com.kw

- Consulted Kuwait Club players with knowledge for better performance in the pool.
- Assisted with rehab of injuries to decrease recovery time, and implemented strength training program.

Performance Coach Intern, 01.2015 – 06.2015

Boomarito Performance Systems, Davie, Florida, U.S.A. - www.bommaritoperformance.com

- Aided in speed, agility, nutrition and weightlifting sessions for the NFL Combine, and MLB prospects.
- Helped athletes rehab with Recovery Boots, Lymph Drain, Hyperbaric Chamber, and Cryotherapy.
- Performed maintenance duties, set up/breakdown of equipment, kept athletes on schedule.

Strength & Conditioning Intern, 01.2012 – 09.2012, 08.2014 – 12.2014

Florida Atlantic University, Boca Raton, Florida, U.S.A. - www.fausports.com

- Improved athletes motivation to balance sport, nutrition and academics within NCAA guidelines.
- Assessed Baseline, Tendo Units measurements, and body fat analysis for athletes.
- Proficient in the use of Excel to create performance programs and baseline testing sheets.

Assistant Water Polo Coach, 10.2012 – 05.2013

St. Thomas Aquinas High School, Fort Lauderdale, Florida, U.S.A.- www.aquinas-sta.org

- Assisted team in route to winning first ever Florida Water Polo State Championship.
- Aided with the implementation of team strategies, analyzed video, nutritional advice, and managerial duties.
- Taught athletes water polo drills, implemented strength training inside and outside of the pool.

Swim Coach, 05.2011 – 05.2012 (part time)

Sunrise Swimming, Sunrise, Florida, U.S.A. - www.sunriseswimming.com

- Coached athletes in swimming and developed their strokes by perfecting technique through drills.
- Guided workouts separating sprinters, mid-long distance, strokes and implementing strength training.

Languages

Fluent in English and Spanish. Learning German & Arabic.

Additional Education

Level 1, USA Track and Field, (USATF). (#19428981)

Level 1, Reflective Performance Reset (RPR)

Swim Instructor, American Red Cross

CPR/AED/FIRST AID/LIFEGUARD Certified Through the American Red Cross – current.

Volunteer

Community Education Committee, 2019-Present

American Bone Health(ABH), Healthy Bones Tampa Bay. <https://americanbonehealth.org/hbtb/about-hbtb/>

- In charge of educating community of ways to decrease fall prevention, and increase bone strength
- Translation of English to Spanish of ABH main virtual programs.
- Making videos of exercises that can be used for strengthening bone health for at risk populations

Tampa Bay Water Polo, 2017-Present

- Help whenever needed to run events for youth program for Tampa Bay Water Polo
- Assist in coaching whenever needed

References Available on request.