



# SEBASTIAN REFI

PERSONAL TRAINER - FITNESS INSTRUCTOR

NIVEL 3 y 4 EHFA

(European Health and Fitness Association)

## Personal Goals

As a coach and player, my objective is to leverage my experience to assist clients in any way possible, addressing their unique needs and helping them achieve their goals.

## Skills

- Assessing strengths and weaknesses.
- Program design and implementation.
- Interdisciplinary approach.
- Communication and interpersonal skills.
- Knowledge of exercise science.

## CONTACT

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☎ 0434029750

## WORKING EXPERIENCE

**Fitness Instructor**

THE WALL GYM - @thewallgym

### High Performance Athlete Coach

working with professional & amateur football players (soccer).  
@sebarefi.trainer

**Co-Owner & Co-founder**  
of Academia FutbolFem

### Women´s soccer coach - Group Training Sessions

@academia.futbolfem

### U16 Soccer Coach

Virginia Beach City Fc | April - August 2018

### U5 to U10 Soccer Coach

UFFY - Development Soccer Club - May to november 2022

## MY EDUCATION

**Faulkner University**

Exercise Science - 2016 / 2018 - Student Athlete

## OTHER STUDIES

- 2017 (Faulkner U.) - "Personal Trainer oriented to Obesity" (In addition to the bachelor´s degree).
- 2019 (Cicade - H.Anselmi) - "Strength and conditioning related to sports."
- 2019 (Apta Vital Sport) - High Performance Athlete Trainer
- 2020 (Uba- Asoc. Educar) - Neuroscience teacher
- 2022 Cambridge - IELTS exam (grade 7.0)

## REFERENCES

Brian Hinkey (Virginia Beach City Fc)

☎ +1 (767) 472 -7939.

Luciano Laguarda (The Wall GYM)

☎ +54 9 (221) 5 65-1750

# ACADEMIA

F U T B O L F E M



## WOMEN'S SOCCER ACADEMY

It is a functional group training session where the client learns how to play soccer and the functional movement patterns

## REQUIREMENTS

Anyone willing to learn and exercise .

@ A C A D E M I A . F U T B O L F E M

- More than 100
- women 4 training sites

@academia.futbolfem



**@sebarefi.trainer**

## HIGH PERFORMANCE ATHLETE COACH

Identifying and addressing specific details that can enhance the client's end game.

## WORKING WITH KIDS (U9-U16)

One of the most challenging aspects of my work is modifying exercises to capture and sustain the attention of children, which is why I enjoy conducting group and individual sessions with them.

## DEVELOPING A FITNESS PLAN

The need of adjusting the training sessions according to the team's seasonal schedule and demands..

Enhancing the skills of both professional male and female soccer players, as well as amateur players, to help them reach the next level.