

# ANDRÉ VAZ

## INTERNATIONAL PORTUGUESE SWIMMING COACH



Dubai, UAE | +971 50 764 3722 | [andredmvaz@gmail.com](mailto:andredmvaz@gmail.com) | [www.linkedin.com/in/andredmvaz](http://www.linkedin.com/in/andredmvaz)

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### SUMMARY

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I'm 31 years old and have been a swimming coach for 10 years. I have worked with swimmers at all levels. During this period, I guided 7 swimmers to represent the Portuguese National Team at youth and junior international stage. More than a hundred national records and titles were achieved across all age groups, both in individual events and relays. As a former swimmer, whose best result was becoming senior national champion in the 200m backstroke, I have always dreamed of helping future swimmers to become the best version of themselves and reach greater heights. The most notable swimmer of my career is the 2024 World Champion in the 50m and 100m butterfly, Diogo Matos Ribeiro. I coached him for 5 years, from 2016 to 2021, culminating in the silver medal at the European Junior Championships in Rome, at just 16 years old, with 52.54 in the 100m butterfly.

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### EXPERIENCE

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#### Apex Sports Academy (Dubai, UAE)

##### **HEAD OF DEVELOPMENT | 08/2023 – 08/2024**

- Development of the overall swimming program;
- North London Collegiate School - Dubai - Venue Lead Coach.

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#### Clube Desportivo São Roque (Funchal, Portugal)

##### **HEAD COACH / DIRECTOR OF SWIMMING | 09/2021 – 08/2023**

- Development of the overall swimming program;
- Implementation of a new Long-Term Development (LTD) career pathway in the Club;
- 2 different swimmers in National Teams (Youth and Junior);
- Multiple Swimming and Open Water National Championships Titles;
- Portuguese Club Championships - consecutive promotions from 3rd Division to 1st Division.

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#### Clube União 1919 (Coimbra, Portugal)

##### **HEAD COACH / DIRECTOR OF SWIMMING | 08/2017 – 08/2021**

- Creation of a new swimming program;
- Implementation of a LTD pathway from LTS to High-Performance;
- 5 swimmers present in the European Junior Championships, both in Open Water and Swimming - 2019, 2021. Best Result: Silver medal in the 100m fly in 2021;
- 1 swimmer present in the European Youth Olympic Festival 2019. Best Result: Semifinalist in 200m free, 200m fly, 100m back;
- Multiple Swimming and Open Water National Championships Titles;
- Multiple Portuguese National Age Group and Junior Records (Individual and Relays).

Clube Náutico Académico (Coimbra, Portugal)

**AGE GROUP COACH | 09/2014 – 08/2017**

- 2014/2015 - Swimming Teacher/Assistant Coach;
  - 2015/2016 - Lead Coach under 11/12 age group;
  - 2016/2017 - Lead Coach 12-14 age group;
  - Multiple Portuguese Age Group National Champions;
  - Multiple Portuguese Age Group National Records.
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Coimbra Swimming Association (*Associação de Natação de Coimbra*)

**REGIONAL TECHNICAL DIRECTOR | 09/2019 – 08/2021**

- Head of the Regional Coaching Committee;
  - Competition Supervisor;
  - Association Team Head Coach.
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Portuguese Swimming Federation (*Federação Portuguesa de Natação*)

**INVITED PORTUGUESE NATIONAL TEAM COACH | 2017 - 2022**

- Coaching and Managing National Team competitions and stages.
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**EDUCATION**

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Faculty of Sport Sciences and Physical Education of the University of Coimbra

**Master's Degree in Sports Training (2023)**

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Faculty of Sport Sciences and Physical Education of the University of Coimbra

**Bachelor's Degree in Sports Science (2014)**

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**CERTIFICATION**

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Portuguese Swimming Federation (*Federação Portuguesa de Natação*)

**Level 3 Swimming Coaching Certificate (2020)**

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Highfield Qualifications

**First Aid and Use of AED with CPR (2023)**

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Blue Guard Middle East

**Pool Safety and Rescue Certificate (2023)**