

# Manuel Cabrera, MKin, CSCS

SQUAMISH, BC | (807) 708-1247 | MTSC4YOU@GMAIL.COM  
[LINKEDIN URL](#) | [WEBSITE URL](#)

## HEAD STRENGTH & CONDITIONING COACH | KINESIOLOGIST

### PROFESSIONAL SUMMARY

Accomplished strength and conditioning coach and Kinesiologist, with 10+ years of progressive experience. Improving people's physical health and athletic performance by excelling at building rapport in an athlete-centred environment, and using evidence-based training. Passionate about building strong pillars of rapport with my team and athletes, while building relationships with interdisciplinary professionals to facilitate high-impact coaching to all people.

### AREAS OF EXPERTISE

- |                      |                          |                         |                            |
|----------------------|--------------------------|-------------------------|----------------------------|
| ✓ VALD ForceDecks    | ✓ Blood Lactate Testing  | ✓ Olympic Weightlifting | ✓ Data Analysis            |
| ✓ TeamBuildr         | ✓ Metabolic Cart Testing | ✓ Movement Screening    | ✓ Relationship Building    |
| ✓ Heart Rate Testing | ✓ Athlete Monitoring     | ✓ Sport Performance     | ✓ Creative Problem Solving |

### CAREER HIGHLIGHTS

**Canadian Sport Institute:** I was recognized for my dedication, hard work, and dependability in assessing athletes just before the Tokyo 2020/21 Olympic Games while navigating the difficulties of the pandemic.

**Rugby Canada:** I was asked to lead warm-ups for the women's BC rugby, and women's national team in Vancouver.

**RBC Training Grounds:** After expertly coaching for the Training Grounds program, I was the only coach asked to return with pay for the following two years.

### PROFESSIONAL EXPERIENCE

**Head Strength & Conditioning Coach,** Mountain Top Strength & Conditioning, *Squamish, BC* | Jan 2017 – Present

*I manage the training of athletes, and local teams, monitoring fatigue, improving performance, and nutrition. Business management including budgeting, marketing, advertisement, and collaborations with other coaches, physiotherapists, athletic therapists, and doctors is spearheaded by me as a sole proprietor.*

- Manage and coach 79 athletes through my entrepreneurial business. I've had the pleasure of coaching athletes on the BC Wheelchair Rugby team, BC Alpine Women's Team, Team Canada Ultimate, Australia Climbing Team, and various individual professional and sponsored athletes.
- Aided in coaching with high-performance organizations including the National Women's Rugby team, RBC Training Grounds, and Sport Climbing British Columbia.
- Worked with various athletes, ranging from grassroots to Olympians. And I've delivered high-grade coaching, analysis, and support throughout the Sea-to-Sky area.
- Profiting more than \$44,400 from online coaching and programming in the last 2 years, with estimates showing a 10% profit increase by 2025. Proof of a well-managed small business with financial stability.

**Kinesiologist, Strength & Conditioning Coach,** Fall Line Fitness, *Squamish, BC* | Feb 2023 - Present

*Contracted as a leading Kinesiologist/Strength & Conditioning coach at a local interdisciplinary clinic and gym. I work hand in hand with a highly experienced and knowledgeable team to bring the best coaching, assessments, and rehab services to athletes in Squamish BC.*

- Leader all athletic assessments at Fall Line Fitness. Assessing 150+ athletes, doing 1000+ tests, heart rate and VO2 assessments, movement screens, baseline strength tests, and various VALD Forcedecks assessments.
- Established the only climbing strength class in Squamish, whose purpose is 3-fold. First, to help local climbers improve their performance, and injury resiliency. Second, to improve local strength knowledge for climbing. Third, collect data on climbers to use as comparative normative data and future insight for strength and conditioning.
- Delivered novel training ideas to the Fall Line team while working interdisciplinary with Kinesiologists, strength and conditioning coaches, physiotherapists, chiropractors, and osteopaths.
- My work at Fall Line has established me as a forefront leader in the community for rock climbing, endurance running, and mountain biking strength & conditioning, and assessments.

## PROFESSIONAL EXPERIENCE CONTINUED

### **Junior Physiology Lab Technician**, Canadian Sport Institute Pacific, *Vancouver/Whistler, BC* | Jan 2021 – April 2022

*The sole junior lab technician for CSI Pacific during the pandemic, at the Vancouver and Whistler offices. My role aimed to assist in the physiological assessments of Canadian national and Olympic athletes.*

- Responsible for collecting physiological data on athletes. This included blood lactate levels, anthropometric measurements, gas exchange during metabolic assessments, heart rate, and blood pressure.
- Acquired data and supervised athletes as they tested their max efforts on technologies like the Velotron, and metabolic carts. This technology gave athletes and coaches accurate and reliable information on their athletic performance.
- Success in my role with CSI Pacific allowed me to expand into working for the RBC Training Grounds. A talent identification and athlete funding program designed to provide young athletes with Olympic potential. 8 RBC Training Ground athletes competed at Tokyo 2020/21, bringing home 2 gold, 1 silver, and one bronze.

### **Graduate Student Strength Coach**, University of British Columbia - Varsity, *Vancouver, BC* | Aug 2020 – Nov 2021

*Strength coach for the UBC varsity athletics program. My role included coaching various teams and sports, being the lead coach for the Men's Rowing, and Women's Rugby teams. A trusted keyholder for the facility, and helped mentor undergraduate coaches and volunteers.*

- Delivered high-impact and athlete-centred coaching to the student-athletes. As well as delegating and educating new coaches in one of Canada's most accomplished varsity programs. UBC has won 203 Canadian and NAIA Championships.
- Conducted pre-season training camps as well as practice and pre-game warm-ups for the women's rugby team. The team went undefeated in their regular season and won the Canada West Conference.
- Collaborated with the head coach of the men's rowing team to adjust the team's practice schedule. The change allowed for more recovery, and S&C work on muscular differences, beating 6 UBC records in Row Erg assessments.
- UBC's rowing program has been one of the top-rated programs in Canada since 2018.
- Partnered with other coaches to educate and train the Football, M/W Swim, M/W Volleyball, M Basketball, Golf, W Field Hockey, and M Baseball teams. A record 278 All-Canadian UBC athletes were named in 2021.
- Successfully navigated all of the challenges that came with coaching athletes during the COVID-19 pandemic.

### **Personal Trainer & Fitness Instructor**, Movati Athletic, *Thunder Bay, ON* | Jun 2017 – July 2020

*Led health and fitness clients to physical improvements of their bodies through 1-on-1 sessions centred on evidence-based practices. Styles of physical training, during personal training and fitness classes, included aerobic, anaerobic, resistance, HIIT, circuit, mobility, recovery, kettlebell, and Olympic lifting.*

- Applied Kinesiology knowledge and strong interpersonal skills to deliver Initial Assessments and exercise plans to gym members
- Improved client mobility, reduced pain, and increased their physical wellness using skills like Soft Tissue Release, various breath work techniques, and mental training.

- Produced new personal training leads within the community by using education, inclusion, and strong communication skills as my tools, with the purpose of improving gym members' physical health. Becoming the first personal trainer, with less than 2 years of experience to rank #1 in monthly sales.
- Designed training plans that suited the client's needs, expectations, and long-term goals while building an environment that created challenge, and fostered fun.
- Developed strong monitoring techniques to ensure fitness plans stayed on course, enforced positive self-image, tracked fatigue, and targeted supercompensation.
- Promoted to the position of personal trainer after showing dedication and excellence in two previous positions, customer service and membership sales.

## EDUCATION

**Master of Performance & Coaching Sciences, Kinesiology**, University of British Columbia, *Vancouver, BC*

**Honours Bachelor of Kinesiology, Kinesiology**, Lakehead University, *Thunder Bay, ON*

**Registered Kinesiologist**, British Columbia Association of Kinesiologists

## TRAINING & CERTIFICATIONS

**Certified Strength & Conditioning Coach**, National Strength & Conditioning Association

**ISAK Level 1**, International Society for the Advancement of Kinanthropometry, *Victoria, BC* | Jan. 31<sup>st</sup>, 2024

**First Aid & CPR**, Canadian Red Cross, *Vancouver, BC* | April 22<sup>nd</sup>, 2022

**Certificate or Training Name**, Training Organization, *City, ST* | Completion Date

**First Aid & CPR**, Canadian Red Cross, *Vancouver, BC* | April 22<sup>nd</sup>, 2022

**Physiology & Conditioning Coach**, Darby Training System, *Thunder Bay, ON* | Completion Date

**Functional Movement Screen**, Darby Training System, *Thunder Bay, ON* | Completion Date

**Olympic Weight Lifting Fundamentals**, Darby Training System, *Thunder Bay, ON* | Completion Date

**Kettlebell Fundamentals**, Darby Training System, *Thunder Bay, ON* | Completion Date

**Personal Training Specialist**, CanFitPro, *Thunder Bay, ON* | Completion Date

**Group Fitness Instructor**, Movati Athletic, *Thunder Bay, ON* | Completion Date

**12-Hr Olympic Weight Lifting Clinic**, Dmitry Klokov, *Thunder Bay, ON* | Completion Date

**TRX Level 1**, TRX, *Thunder Bay, ON* | Completion Date

**Introduction to Injury Wrapping & Tapping**, Lakehead Sports Medicine Centre, *Thunder Bay, ON* | Completion Date

**Various Sport Conferences and Presentations**

## AWARDS

**Leadership Scholarship**, University of British, *Vancouver, BC* | 2020 - 2021

**Speaker of the Class**, Lakehead University, *Thunder Bay, ON* | May, 2020