



# LEANDRO LARDONE

## STRENGTH AND CONDICIONING COACH OF HIGH PERFORMANCE SPORTS

### PROFFESOR OF PHYSICAL EDUCATION

#### PERSONAL INFO

-Date of birth: 05-06-1981

-Nacionality: Argentinian

-Civil Status : Married

-Phone:+420 728 846 675 

-E-mail:  
pflardone@gmail.com

#### VOLLEYBALL WORK EXPERIENCE

- 2022-2024: STRENGTH AND CONDICIONING COACH - PROMETERY SC SPORT CLUB (League A Ukraine/MEVZA/CEV Champions ligue/). Achievements/Medals: Ukranian Super league 22/23. Super Cup of Ukraine 23/24.
- 2023: STRENGTH AND CONDICIONING COACH - UKRAINE WOMEN'S NATIONAL TEAM VOLLEYBALL (CEV European Golden league/ FIVB Volleyball Women's Olympic Qualification Tournaments).Achievements/Medals: Champions of the CEV European Golden League.
- 2020-2022: STRENGTH AND CONDICIONING COACH- NARBONNE VOLLEYBAL CLUB (French men ´s volleyball team - League A) 2 seasons. Achivements/Medals: Champions of CEV Challenge Cup 2022.
- 2010 - 2016: STRENGTH AND CONDICIONING COACH - UPCN SAN JUAN VOLLEYBAL CLUB (Argentinian men ´s volleyball team - League A) 6 seasons. Achievements/Medals: 6 Championship of Argentinian Volleyball League, 2 Championships of the Southamericans Clubs, 2 *Bronze medals of the Club World Championship.*
- 2008-2012: STRENGTH AND CONDICIONING COACH - ARGENTINA WOMEN'S NATIONAL TEAM VOLLEYBALL. Achievements/Medals: 3º position Panamerican Coup 2008, 2º position Sudamerican Championship 2009 y 2011, 3º position Final Four 2008 y 2011, 2º position Juegos Odesur ´ 2010.

INTEGRAL STRENGTH  
AND CONDICIONING FOR  
HIGH LEVEL SPORTS  
Training and Academic Education

Professor  
MINODÓZ

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PROFFESOR OF PHYSICAL EDUCATION



- *2006-2009: STRENGTH AND CONDICIONING COACH- ATLETICO BELGRANO CLUB (ar. men´s volleyball team -A1).*
- *2004-2006: STRENGTH AND CONDICIONING COACH- ALIANZA DE JESUS MARIA VOLLEYBALL CLUB (argentinian men´s volleyball team - League A).*

## DEGREES

- NATIONAL PROFESSOR OF PHYSICAL EDUCATION - IPEF (actually National University of Córdoba - ARG) - Graduated 2003.
- ATHLETIC TRAINING - UNC (National University of Córdoba, ARG) - Graduated 2005.
- PERSONAL TRAINER - UNC (National University of Córdoba, ARG) - Graduated 2005.
- STRENGTH TRAINING INSTRUCTOR - (National University of Córdoba, ARG) - Graduated 2005.
- ANTHROPOMETRIST LEVEL 2 - ISAK (International Society for the Advancement of Kinanthropometry) - Graduated 2006

## OTHER WORK EXPERIENCE

- 2017-2018: PHYSICAL AREA CORDINATION - CORDOBA RUGBY CLUB. Cordinator from the M14 category to the First Division.
- 2017- 2019: CORDINATOR OF ADAPTED PHYSICAL EXERCISE SERVICE (in charge of Professor Magister Mario Di Santo).
- 2017-2019: STRENGTH AND CONDICIONING COACH - ATENAS SPORTS ASSOCIATION CLUB - Basketball National League A.
- 2009-2010: STRENGTH AND CONDICIONING COACH- BARRIO PARQUE CAPITAL ATHLETIC CLUB (Local Basketball League).
- 2007-2008: STRENGTH AND CONDICIONING COACH - CORDOBA RUGBY CLUB (1st. local division).
- 2004-2006: STRENGTH AND CONDICIONING COACH - GENERAL PAZ JUNIORS SOCCER CLUB (3er. division).

## LEANGUAGES

Spanish  
Portugues  
English

## SOCIAL NETWORKS



pflardonequinodoz



LEANDROLARDONE



podcasts (spanish)