

JULIÁN GONZÁLEZ

Track and Field Coach

Professor in University of UTP Pereira



Summary

- Coached track events for 19 years and holds over 16 years of coaching experience
- Knowledge of track and field events rules and regulations
- Excellent team-building, training and management skills
- Ability to scout and recruit local, national and international student-athletes for all events
- Experienced in preparing, managing and directing track and field teams
- Provided psychological support to athletes in order to help them improve their self-belief, ability to lead and willingness to undertake responsibilities
- Responsible for designing and implementing the annual training program for the sprinters, hurdlers, throwers and jumpers group
- Help design workouts and training plans for all athletes, oversee strength and conditioning program
- Ability to use all equipment used in track and field events.

Education

- **2024** **Occupational qualification standards** Coach, level 5 in Track and Field in Estonia
- **2023** **Equivalence Degree in Physical Activity and Sport** Ministry of Education in Estonia
- **2017** **Equivalence Degree in Physical Activity and Sport** Royal Ministry Education of Spain
- **2004 – 2008** **Academic Qualifications** RFEA Royal National Coach School (Spain); RFEA Coaches Education School (Spain) - Certified lvl I, lvl II, lvl III equivalence World Athletics level III ja level IV
- **1996 – 2001** **Bachelor's in Physical Education** National School of Sports University (Cali, Colombia)

Work History

- **2022 – Audentese spordiklubi** Track and Field Coach
- **2021 – 2022 Technological University of Pereira UTP (Colombia)**
Professor of Track and Field in Physical Activity and Sport
- **2020 – 2021 Risaralda State (Colombia)** Head Coach of Sprint and Hurdles
- **2020 – 2021 Benalmádena track and field club (Spain)**
- **2011 – 2015 Royal Spanish Athletic Federation** Member coach of the Royal Spanish Athletics Federation, developing and promoting programs for coaches and athletes of national teams in the hurdles test in youth categories
- **2004 – 2020 Alamillo Track and Field Club (Spain)** General Manager and Head Coach

Concurrent Professional Collaborations

- **2017 Assistant Coach Montreat College Track and Field (N.C)**
- **2017 Track and Field Clinic Warner University (FL)**
- **2016 Assistant Coach Lancaster Lightning Youth Track Club (TX)**
- **2016 North Texas University Track and Field (TX)**
- **2015 Track and Field Clinic Warner University (FL)**
- **2015 Track and Field Clinic Emmanuel College (GA)**

Sport Achievement

- Coach with 136 performances at Regional level and 79 at National Level with a record of 84 regional medalists from Andalusia and 46 national medals as well as great results in the relay event in 12 years.
- Coach of Team competitions (U14 and U16) in the Regional Championships of Andalusia in indoor and outdoor track (2015 - 2019), obtaining 8 podiums.
- Coach of Athletes U18, U20 and U23 in high jump, long jump, hurdles and speed events in Regional and National Competitions.
- Coach of 6 athletes with 48 international appearances with the National Team.

Career Highlights

- Athlete **Marielle Kleemeier** (Member of the Estonian National Team since 2018)
Event: 800m / 400m
Personal best: 2:06.73 (800m) / 53.33 (400m)
National records:
300m 37.78 (2022)
300m indoor 37.46 (2022)
600m 1:30.65 (2024)
- Athlete **Javier Lopez** (Member of the Spanish National Team until 2018)
Events: 110m / 60m hurdles
Personal best: 13.56 (110mH) / 7.69 (60mH)
NCAA Division II Qualifier (110m hurdles - 1st. place) 2016
NCAA Division II Qualifier (110m hurdles - 2th place) 2015
NCAA Division II Qualifier (200m 4th place; 60m hurdles 2th place) 2015
2012 3rd place Iberoamerican Championships
European Nations Cup (2th place) 2014
European Cup of Clubs Championships 2013
2013 Finalist in 27th Summer Universiade
- Athlete **Irene Almarcha** (Member of the Spanish National Team until 2015)
Events: 100m / 60m hurdles
Personal best: 13.91 (100mH) / 8.57 (60mH)
2015 NCAA Division II 60mH 7th place
2011 European Athletics Championships U20 (EST)
2009 Youth World Championships U18 (ITA)
- Athlete **Anna Maria Millend** (Member of the Estonian National Team since 2019)
Events: 100m / 60m hurdles
2021 2th place in World Championships
(100mH) 2022 National Champion U20;
European Top 10
2021 U18 National Champion in 100mH – 13.53
(NR) and the 4th of the world ranking

2021 World Leader U18 indoor 8.33 60mH

2021 Baltic Champion in Baltic Games

Communications and Papers National and International Congresses

- Training workshop and teaching of the hurdles race in Search of Equity (Tenerife 2018)
- Galician Athletics Federation. The hurdles race. From High Performance to Foundation (Pontevedra, 2014)
- Spanish Athletics Federation. Sport in athletics: Power events (speed, jumps and hurdles) Keynote Speaker (Leon 2013)
- Design, Implementation and Monitoring of a Talent Detection Program (Madrid 2012)
- The Acquisition of Competences in the Field of Athletics through Active Methodologies: Learning by Projects (Seville 2012)
- IX International Congress of Teaching of Physical Education and School Sport (Úbeda 2011)
- World Congress of Athletics Sciences (Barcelona 2010)

Research and Publications

- **Influence of the take-off of hurdles on the mechanical properties in High Level Sprinter Athletes 2020**
<https://europepmc.org/article/med/32149882>
Jiménez-Reyes, P, Casado, A, González, JE, and Rodríguez-Fernández, C.
- **Analysis of the start of the first hurdle in 110 m hurdles at the IAAF World Championships 2015 Beijing Athletics Championships 2018**
<http://rua.ua.es/dspace/handle/10045/75429>

Other information

Date of birth	04.05.1972
Language	English, Spanish
Driver's license	Category B
With permission to work in	Member countries of the European Union
Willing to travel	Yes
Level of Education	Bachelor's Degree

Other qualifications

1. Royal Spanish Athletics Federation (RFEA)

RFEA professor in coach performance level I Courses

2015/2016/2018/2019/2021

Professor level II courses 2016/2018/2021

2. Lecturer at World Athletics Conferences

7th World Athletics Coaches Conference (Cali 2022)

3th IAAF World Coaches Conference (London 2017)

IAAF World Youth Coaches Conference (Cali 2015)

IAAF International Youth Athletics Conference (Barcelona 2012)

3. Competent in the Application of New Technological Tools

Assessment and evaluation in new technologies in sport

Information Technology

- Design web pages and related applications
- Sports software: Chronojump/Kinovea/Witty Timing System

Data Analysis

4. Portfolio Website

Personal homepage:

<http://www.maximumathletics.ee/>

Instagram account:

https://www.instagram.com/maximum_athletics_performance/

LinkedIn account:

<https://www.linkedin.com/in/hulian-gonzalez-zuluaga-62936286/>