



Rolando Freitas

COACH/TREINADOR

PROFILE

Rolando Jorge Costa de Freitas

Born on February 27, 1965, in Porto, Portugal

Physical Education Teacher since 1987

Team Handball Coach since 1988

EXPERIENCE

MEN'S NATIONAL TEAMS SPORTS DIRECTOR, ISRAEL HANDBALL ASSOCIATION, ISRAEL - 2018 - UNTIL PRESENT

Head Coach of M20 and M18 Israel National Team (2020-22)

Qualification for 1st division/level A for EURO2020 YAC with Israel National Teams.

Qualification for Play-Off WC2021 and WC2023.

4 European Championships presences M18 / M19 / M20 (2018 - 2021 - 2022)

Professional responsible for the Israel Handball Project for talented players and Sport Athletes

Professional development and implementation of young athletes program - 12 players abroad, 11 players promoted to NT

Talent management, assessment, and monitoring

Coaches education mentor

HEAD COACH, AA ÁGUAS SANTAS; PORTUGAL - 2017 - 2018

Portuguese First League – Head Coach

NATIONAL TEAM COACH, FAP; PORTUGAL - 2012-2016

Gold Medal, Winner of the Summer Universiade Gwangju (2015) - Head Coach

Winner of 6th Doha International Tournament (2012) – Head Coach

14º place at World Championship M21, Brasil (2015) - National Coach

More than 200 matches with Portugal Men's National Teams

50 matches as Head Coach of Men's National Team of Portugal

NATIONAL JUNIOR TEAM COACH, FAP; PORTUGAL - 2005-2012

3 European Championships M20 presences (2008, 2010, 2012)

4 World Championships M21 presences (2007, 2009, 2011, 2015)

Qualification for European Championship M20 (2012) – Head Coach

Qualification for World Championship M21 (2011) – Head Coach

Qualification for European Championship M20 (2010) – Head Coach

Qualification for World Championship M21 (2009) – Head Coach

Qualification for European Championship M20 (2008) – Head Coach

Qualification for World Championship M21 (2007) – Assistant Coach

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EMAIL

Silver Medal at European Championship M20, Bratislava (2010) – *Head Coach*

5° place at European Championship M20, Turkey (2012) – *Head Coach*

7° place at World Championship M21, Cairo (2009) – *Head Coach*

7° place at European Championship M20, Bucharest (2008) – *Head Coach*

9° place at World Championship M21, Thessaloniki (2011) – *Head Coach*

8° place at European Open M19, Goteborg (2007) – *Head Coach*

Winner of 4 Nations Tournament M20 and M21 (2008, 2009) – *Head Coach*

HEAD COACH, FRANCISCO HOLANDA (DFH); GUIMARÃES - 2001-2005

National Champion 1st League

Winner Presidente da Republica Cup

Runner Up at the Portuguese Cup Final

European Cups - *Challenge Cup* - Clubs' 1st (DFH)2 European victory

HEAD COACH, CCD MACIEIRA; VILA DO CONDE - 1998-2001

Promotion to 2nd National League

PORTO TECHNICAL SPORTS DIRECTOR FEDERATION, AAP; PORTO - 1993-1998

Professional staff management - orientation and guidelines;

Coaches Education;

Talent management and assessment

COACH, BOAVISTA FC (BFC); PORTO - 1996-1997

Assistant Coach - 1st League Team;

Coach - 1st League Team

Junior Coach.

COACH, FC PORTO (FCP); PORTO - 1995-1996

Assistant Coach - 1st League Team;

Junior Coach.

COACH, SC SALGUEIROS (SCS); PORTO - 1988-1995

Coach from beginners to Junior Team

National Champion - Men's Junior Team

HABILITATIONS

The University of Porto, Faculty of Sport Sciences and Physical Education - Master Degree in Sports Science
- High-Performance Sport Training

The University of Porto, Superior Institute of Physical Education - Degree of Licentiate in Sport and Physical Education

SKILLS

Participated in more than 100 training activities, courses, seminars, and workshops, either in Portugal or abroad - Austria, France, Belgium, Spain, Italy, Switzerland, Hungary, Denmark, Serbia, Israel, and Germany - either as a participant or as a lecturer.

Author and co-author of articles in technical journals and textbooks.

<HTTPS://WWW.FACEBOOK.COM/ROLFRE27/>

<HTTPS://WWW.LINKEDIN.COM/IN/ROLANDO-FREITAS-8659061B>

SOCIAL NETWORKS

Languages spoken: Portuguese, English, Spanish, French, and German (education started).

REFERENCES

EHF **Master Coach Pro** / EHF Coaching License

IHF CCM Lecturer (IHF)

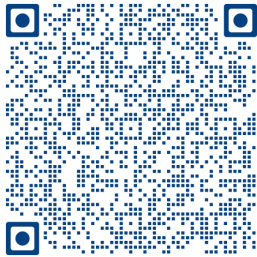
Lecturer of Portuguese Handball Federation (FAP)

Merit Member of Porto Handball Federation (AAP)

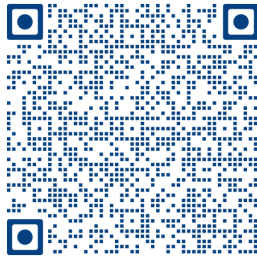
Former teacher of handball at School of Education (ESEIPP) - sports science course

Member of the Organize Committees of European Championship 1994 and World Cup 2003, both in Portugal

Former player of FC Lapa (where I started), FC Gaia and SC Salgueiros



EHF PRO Coaching
License



IHF CCM Lecturer