**CV - CÉSAR COUTINHO**

**High Performance Tennis Development Coach • Coach Educator • Biomechanics Specialist**

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**PROFESSIONAL PROFILE**

High Performance tennis coach and coach educator with more than 25 years of international experience across player development, performance programming, coach education systems, and applied biomechanics. Founder of CCTennis Performance (Portugal & Belgium) and former Director of Coach Education at the Portuguese Tennis Federation (2018–2024).

Career spans grassroots coaching, elite player development, national federation leadership, university teaching, applied biomechanics research, and international consultancy. Recognized for a science-driven, holistic, and long-term development approach, integrating biomechanics, methodology, and performance culture to support players from U10 foundations to ITF, ATP, and WTA pathways, and to modernize national coach education systems.

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**CORE STRENGTHS**

- High Performance player development (U10 to ITF / ATP / WTA pathways)
- Long-term athlete development models and training system design
- Applied biomechanics and technical skill acquisition (serve & stroke patterns)
- Coach education system design (competency-based assessment, blended learning)
- Academy leadership and multidisciplinary team management
- Tournament planning, season structuring, and performance monitoring

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**LANGUAGES**

- Portuguese — Native
- English — Fluent (professional / academic level)
- Spanish — Very good
- French — Basic
- Dutch — Starter

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**PERSONAL CHARACTERISTICS**

Perseverant • Passionate • Positive perfectionist • Development-focused • Structured and detail-oriented • Growth mindset • High standards combined with athlete-centered communication • Strong leadership and mentorship profile

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**PROFESSIONAL EXPERIENCE (REVERSE CHRONOLOGICAL)**

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**2022 – Present | Founder / Director**

**CCTennis Performance — Portugal & Belgium**

- Operates cross-border high-performance projects supporting athlete development, coach mentoring, and structured pathway programming
- Continues international consulting work with players, coaches, and training structures
- Development of an online global project and education materials

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**2020 – 2022 | Founder / Director**

**CCTennis Performance Academy — Orscamp, Belgium**

- Built a high-performance academy structure producing top results in Belgian youth tournaments
- Athletes achieved national and international titles across age categories (Tennis Europe & ITF)

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**2018 – 2024 | Director of Coach Education**

**Portuguese Tennis Federation — Portugal**

- Led the complete modernization of national coach education (Levels 1–3 redesign)
- Rebuilt certification pathways using competency-based assessment frameworks
- Expanded evaluation structures from limited checkpoints to multi-stage assessment models
- Developed and implemented national long-term development frameworks, including *Base to Top* concepts
- Delivered large-scale training and education initiatives for coaches, teachers, referees, and stakeholders
- Led national symposium programming and international expert integration with participation of – Jofre Porta, Carlos Rodriguez, Lucia Jimenez, Carl Maes, Jaime Fernandez, Rafa Martinez Galego, David Pires, Pedro Felner, Rui Machado, between many others

- Integrated inclusive and school-oriented development initiatives, including wheelchair and beach tennis
- Build and Led a total team of 40 speakers in the courses National structure
- Contributed to Portugal achieving its strongest international tennis results to date

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**2016 – 2020 | Head of Performance**

**Leading Tennis School — West Flanders, Belgium**

- Created and implemented a complete performance academy structure
- Led a team of 6 coaches
- Applied a unified development system across a tennis school with approximately 800 members
- Managed within a club infrastructure including 7 indoor courts, 8 outdoor courts, and a fully equipped gym
- Model implemented generated a 100 percent occupancy at the club from 16h to 22h in week days, Saturday the full day and Sundays until 14h
- Produced strong athlete progression from regional to national and international levels, including:
    - National champions
    - National team players
    - Multiple athletes earning top U.S. university scholarships

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**2005 – 2016 | Founder / Director**

**CCTennis Performance Team — Lisbon-based, Portugal**

- Founded and led multidisciplinary high-performance development projects with international focus
- Built and managed teams including:
    - Tennis coaches
    - Physiotherapy support
    - Mental coaching
    - Physical conditioning
- Delivered integrated development programs combining technique, tactics, physical preparation, mental coaching, performance planning, and competition structuring

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**2004 – 2013 | University Professor**

**Faculty of Human Kinetics — University of Lisbon, Portugal**

- Responsible for all tennis-specific academic disciplines
- Designed and delivered:
    - 1st Degree Tennis Methodology - Bsc
    - Portugal's first two-year Tennis Specialization
    - Portugal's first Master's Tennis Specialization (2 years) – Msc and MA
- Taught over 1,000 future coaches and physical education teachers
- Created teaching models later applied across multiple universities in Portugal
- Methodologies remain in use approximately two decades later

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**2004 – 2008 | PhD Researcher (Biomechanics)**

**University of Western Australia — Perth, Australia**
*Supervision: Prof. Bruce Elliott & Machar Reid (colleague and then co-supervisor)*

- First Portuguese scholarship holder focused on high-performance sport research abroad
- Research theme: Determinants of performance of the tennis serve
- Analysed male and female players from U12 to professional level (Portugal & Australia)
- Conducted detailed biomechanical analysis of serve patterns and performance progression
- Developed applied models to build efficient serve mechanics and long-term performance development

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**2004 – 2005 | National Team Captain — Portugal U16 Girls**

**Portuguese Tennis Federation — Portugal**

- Introduced structured physical testing and performance monitoring
- Led Tennis Europe and ITF tour planning and delivery
- Managed annual calendar, program structure, and participation in:
    - Winter Cup
    - Summer Cup
    - Team and individual European Championships
- Role concluded due to commencement of PhD research period in Australia

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**2002 – 2005 | Head Performance Coach**

**Ginásio Alto do Duque — Restelo, Lisbon, Portugal**

- Supported teams achieving national titles (first divisions)
- Developed a U14 National Champion (girls)
- Managed international tours and competition planning for U14 players

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**2001 – 2004 | MSc — Young Athlete Coaching & High Performance**

**University of Lisbon — Portugal**

- Graduated as top student with maximum grades
- First student to complete the Master's thesis (about biomechanics and cinesiology applied to tennis and supervised by Prof. Dr. Pedro Pezarat Correia)
- Achieved highest grades ever recorded in Anatomy and Biomechanics
- Invited to join university teaching staff upon completion

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**1999 – 2002 | Head Performance Coach**

**Ginásio Clube Português — Lisbon, Portugal**

- Led performance programs in a major multi-sport club
- Club became fully subscribed with waiting list
- Developed top U12 players with strong national progression outcomes
- Organized an internal tournament achieving record participation

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**1995 – 1999 | Tennis Teacher**

**Multiple Top Clubs — Lisbon Area, Portugal**

- Delivered coaching across diverse club environments
- Built early foundations in player development methodology and teaching practice
- Worked in clubs including Belas Country Club and Ace Team

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**SELECTED PLAYER DEVELOPMENT (CHRONOLOGICAL HIGHLIGHTS)**

*(As provided — unchanged and complete)*

**2003 – 2007 | Teresa Araújo**

• Portuguese National Champion U14 (singles & doubles)

• No.1 Portugal U16

**2004 – 2007 | Gastão Elias**

• No.1 Portugal in all youth age categories; National Champion in all youth categories

• ITF Junior World No.6

• ATP 600 when collaboration concluded (later reached ATP Top 60)

• Runner-up European Championships U16 (2006)

• Long-term Davis Cup main player

**2006 | Tommy Robredo (Consulting)**

• Australian Open consulting focused on serve and backhand improvements

• Won first ATP hardcourt title in Auckland afterwards

• N6 ATP at the time

**2006 – 2009 | João Barra**

• No.2 Portugal during junior career; Top 160 ITF; ATP ranking

• Top 30 Tennis Europe U14 & U16

**2008 – 2014 | Christopher Reynolds**

• Winner of Tennis Europe 16 & ITF junior tournaments (singles & doubles)

• Top 250 ITF Junior

• Full U.S. scholarship (Washington DC), NCAA D1 and conference champions

• Portuguese No.1 U16 (2006) and U18 (2008)

**2009 – 2015 | Lily Reynolds**

• Top 500 ITF Junior

• WTA points

**2016 – Present | Nand Vandepoele**

• Belgian Champion in all junior categories; Belgian No.1 across all junior categories

• International tournament champion/runner-up from U12 TE to U18 ITF

• Belgian National Team across all junior stages/events

**2016 – Present | Julie Vuylsteke**

• Doubles champion in multiple Belgian Junior Circuit events (U10 & U11)

• U13 Interclubs National Champion (Division 1)

**2017 – 2024 | Indira Lepage**

• Belgian No.1 U14, U16, U18

• Belgian national teams U16 & U18 (U14 impacted by COVID period)

• Multiple ITF junior circuit singles & doubles titles

• Reached top ~180 ITF Junior at age 16; earned WTA points

• Competed closely with top 10 junior-level athletes before genetic injury at 16

**2018 – 2022 | Thomas Debussche**

• Belgian No.1 U11

• Runner-up Belgian Championships U11 (2022)

• National team U12; invited to national training center

**2019 – Sep 2025 (Consulting continues) | Elise Debussche**

• Belgian No.1 U8, U9, U10; Belgian Champion U10 (2025)

• National team events (Netherlands, England)

• Started training pathway from age 4

**2022 – 2024 | Sara Borkop**

• Progressed from ~450 ITF to ~150 ITF

• Competed at level vs top 20 juniors; progressed toward WTA ranking (tied matches vs top 300 WTA level)

• Full scholarship: University of South Carolina (NCAA D1)

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**BOOKS & PUBLICATIONS**

• **2008** — *Sucesso no Ténis* (first Portuguese-language book applying sport science to tennis; endorsed by major tennis institutions)

• **2008** — *Research and Tennis I* (university publication linked to symposium)

• **2009** — *Research and Tennis II*

• **2010** — *Research and Tennis III*

• **2016** — *Inside Out – Maximize Your Tennis Development* (Portuguese edition)

• **2026** — *Inside Out* (English version, online)

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**SYMPOSIA ORGANIZATION (CHRONOLOGICAL)**

- 2008 — *Investigação e Ténis 1* — Technical University of Lisbon – Jofre Porta and Global Tennis Team

- 2009 — *Investigação e Ténis 2* — Technical University of Lisbon – Bruce Elliot
- 2010 — *Investigação e Ténis 3* — Technical University of Lisbon – Alexander Ferrauti
- 2018 — *Da Base ao Topo* — Portuguese Tennis Federation – Highest attending Symposium in Portugal ever – 240 participants
- 2021 — *Da Base aos Clubes* — Portuguese Tennis Federation
- 2024 — *Da Base ao Court* — Portuguese Tennis Federation – Inovative Symposium with big led screen oncourt and 2 separate thematic rooms – used final works from level 3 coaches course for presentations

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**INTERNATIONAL SYMPOSIUM PARTICIPATION**

- 2002 — European Coaches Workshop — Vale do Lobo, Portugal (Tennis Europe) — Speaker
- 2003 — Worldwide Coaches Workshop — Vilamoura, Portugal (ITF) — Speaker
- 2004 — European Coaches Workshop — Malta (Tennis Europe) — ITF Scholarship
- 2005 — Worldwide Coaches Workshop — Antalya, Turkey (ITF)
- 2005 — Iberic Coaches Workshop — Vilamoura, Portugal (ITF) — Speaker
- 2006 — European Coaches Workshop — Stockholm, Sweden (Tennis Europe)
- 2007 — Worldwide Coaches Workshop — Asunción, Paraguay (ITF)
- 2019 — European Coaches Conference — Minsk, Belarus (Tennis Europe)

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