



# J. ENRIQUE ARROYO H.

PHYSICAL PERFORMANCE SPECIALIST & COACH

*"Champions aren't born, they're built. My purpose is to forge the physical and mental foundation upon which champions rise."*

+52 55 4882 6572

ka@kikearroyo.pro

www.kikearroyo.pro

Río Churubusco 314 / Del Carmen Coyoacan, CDMX 04100, Mexico.

Instagram : @kikepf29

Linkedin : linkedin.com/in/enrique-arroyo-7ab88868

PROFESSIONAL STATEMENT

High-performance fitness coach with over 20 years of experience across all professional levels of football, from youth academies to first division and national teams. Creator of the **KA-Performance Method**, an evidence-based framework integrating physical conditioning, injury prevention, and mental resilience to achieve sustainable elite performance.

Recognized for achieving **the league's lowest injury rates** and maintaining **player availability even during high-density fixture seasons**, Kike empowers athletes to reach championship form through science, data analysis, and individualized training strategies.

EDUCATION	TOURNAMENT HIGHLIGHTS
<div>2020</div> <div>WIMU – Advanced Scouting &amp; Game Analysis (EPTS)</div> <div>CITEC FEMEXFUT / Mexico.</div>	<div>Champion</div> <div>Pumas UNAM U17   Liga Mx Clausura Tournament</div> <div>2024</div>
	<div>Runner-up</div> <div>Pumas UNAM U17   Algarve International Tournament   Portugal</div> <div>2024</div>
<div>2015 - 2017</div> <div>Strength, Load Management &amp; Applied Physiology</div> <div>FEMEXFUT / Mexico.</div>	<div>Gold</div> <div>Beach Soccer National Team   World Cup CONCACAF Qualyfier</div> <div>2015 &amp; 2019</div>
	<div>Qualified</div> <div>Malacateco, Guatemala   Scotia Bank CONCACAF League</div> <div>2022</div>
<div>2008 - 2010</div> <div>International Sports Science Diploma</div> <div>Universidad Católica de la Plata / Argentina.</div>	<div>Runner-up</div> <div>Club America U17   Liga Mx Torneo Clausura</div> <div>2013</div>
	<div>Runner-up</div> <div>Irapuato FC   Liga Ascenso Mx Torneo Apertura</div> <div>2008</div>
<div>2006 - 2008</div> <div>Physical Performance Coach Professional License – NUI63630</div> <div>Escuela Nacional de Preparadores Físicos (EMPREFI) / Mexico</div>	<div>Lobos BUAP   Liga Ascenso Mx Torneo Clausura</div> <div>2012</div>
TECHNOLOGY PROFICIENCY	
<div>2001 - 2005</div> <div>BA in Sports Education</div> <div>Escuela Nacional de Entrenadores Deportivos (CONADE) / Mexico</div>	<div>WIMU PRO</div> <div>Catapult Sports</div> <div>Kinexon STATSports</div> <div>Tactical Pad</div> <div>Microsot Office</div>

CORE COMPETENCIES

- Strength & Conditioning
- Injury Prevention & Rehabilitation
- Neuromuscular training
- EPTS & GPS Load Management
- Mental Conditioning & Resilience
- Sports Science Integration
- High-Performance Team Coordination
- Youth Development & Transition to Pro
- Data-Driven Performance Analysis

EXTRA SKILLS

- Periodization Mastery**  
Ability to adjust micro-, meso-, and macrocycle plans aligned with the competitive calendar.
- Sports Data Literacy**  
Interprets and translates complex datasets into tactical and physical insights that the entire coaching staff can apply.
- Recovery & Regeneration Strategies**  
Applies sleep analysis, cryotherapy, HRV monitoring, and individualized recovery protocols.
- Tactical Synchronization**  
Physical preparation that mirrors the coach's tactical model and positional requirements.
- Leadership & Communication**  
Clear, confident, and motivational communication across diverse teams and nationalities. Builds trust with players, while maintaining professional alignment with the head coach's philosophy.
- Continuous Innovation**  
Commitment to ongoing education in biomechanics, sports science, and emerging technologies (AI analytics, wearable data, neuromuscular diagnostics).

LANGUAGES

- Spanish

Native
- English

Professional Proficiency

WORK EXPERIENCE

- Physical Performance Coach**

2020 - Present

U17, U15, Femenil Mayor, Expansión MX | Pumas UNAM | Mexico

  - Designed high-intensity, data-driven load management programs for men's, women's, and youth teams.
  - Integrated psychological resilience training and mental performance alignment with the team psychologist.
- Physical Preparation Specialist**

2022

First Division / Club Malacateco | Guatemala

  - Guided the team to the CONCACAF League 2022, achieving top performance metrics and maintaining over 98% injury-free player availability.
- Physical Performance Head**

2004 - 2008

Futsal, Beach Soccer, and U17 / Mexico National Teams | Mexico

2009 - 2010

2014 - 2019

  - Participated in FIFA World Cups: U17 – Nigeria 2009, U20.
  - IOC World Beach Games Qatar 2019 – Women 5<sup>th</sup> place FIFA Ranking (first participation ever of a National Team in an Olympic Beach World Cup).
  - CONCACAF: Achieved Gold Medal at the 2015 El Salvador Beach Soccer Pre-World Cup and Runner-up (Silver Medal) Bahamas 2017 and Gold Medal 2019 Pto. Vallarta, tournaments.
- Physical Preparation Coach**

2000 - 2020

1<sup>st</sup> A, U17 & First Division / Professional Clubs | Mexico

  - Lobos BUAP | Liga Ascenso Mx | Runner-up
  - Club America | U17 Liga Mx | 2nd Place
  - Irapuato FC | Liga Ascenso Mx | 2nd Place
  - Celaya FC | Liga Ascenso Mx | 3rd Place
  - Cruz Azul Hgo. | Liga Ascenso Mx | 3rd Place

K-A PERFORMANCE METHOD



- A holistic methodology integrating:
- Science & Data**  
EPTS, GPS, and HRV technology for load management.
- Injury Prevention**  
Focus on neuromuscular balance and recovery science.
- Mental Performance**  
Coordination with sports psychologists to cultivate focus, self-efficacy, and resilience.
- Cultural Integration**  
Teaching players the philosophy behind performance – *understanding before execution*.
- Further information of **KAP Method** will be provided based on mutual interest.*