

# HELENA ORTS

## SUMMARY

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Professional basketball player and coach with many years of experience competing in tournaments from the regional to the international level, both in Europe and in the U. S. Also Crossfit Coach. Currently playing at the Venice Basketball League and at the Jumpman Los Angeles Flight Nights.

## EXPERIENCE

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### Professional Basketball Player

#### INTERNATIONAL – SPAIN NATIONAL TEAM

Gold Medal	U20 European Championship	Summer 2016	Portugal
Gold Medal	U20 European Championship	Summer 2015	Spain
4th Place	U19 World Cup	Summer 2015	Russia
<b>Bronze Medal</b>	<b>Youth Olympic Games</b>	<b>Summer 2014</b>	<b>China</b>
Bronze Medal	U18 European Championship	Summer 2014	Portugal
Gold Medal	U18 European Championship	Summer 2013	Croatia
Gold Medal	U16 European Championship	Summer 2012	Hungary

#### UNITED STATES COLLEGE BASKETBALL

Academy of Art University	Division II	2016-2018	DII ADA Academic Award
Academy of Art University	Division II	2016-2018	All-PacWest Third Team
Fairfield University	Division I	2014-2016	All MAAC Academy Team

#### REGIONAL – SPAIN

Gold Medal	Junior Spanish Championship	2014	Most valuable Player
Gold Medal	Junior Catalan Championship	2014	Most Valuable Player
4th place	Junior Spanish Championship	2013	
Silver Medal	Junior Catalan Championship	2013	
Silver Medal	Junior Spanish Championship	2012	
Silver Medal	Junior Catalan Championship	2012	
Bronze Medal	Cadet Spanish Championship	2012	Most Valuable Player
Gold Medal	Cadet Catalan Championship	2012	Most validate Player

### Basketball Coach

One on one Basketball	Private classes	2016 - Present	San Francisco & L.A
Royal Basketball School	Basketball School	January 2020 - Present	Encino, CA
Positive Coaching Alliance	Double-Goal Coach Certification	June 2020	Los Angeles
Baloncesto in USA	Summer Camp	2017-2018	MSOE, Wisconsin

## CROSSFIT

Crossfit Coach	August 2021	Crossfit Muse
CF Level 1	July 2021	Las Vegas, NV