



« Nutrition represent for me a life choice, a real tool for performance, health and well-being »

HONRUBIA
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HOBBIES

- Sport
- Nutrition
- Cinéma
- Video games

QUALIFICATIONS

- 2004- Bac S
- 2006- AFPS
- 2007- BEES 1st degree
- 2018- DU Nutrition Sport and Physical Activity

« My first university diploma! It force me to reorganise learning skills, dealing with my sport career in one side, and studies in the other side. I could improve my efficiency »

2018- MIHA BODYTEC certified coach

« The emergence of electro myo stimulation encourage me to follow this way »

2019- EDNH sport specification - 1st year

« During my last season as professional handbaam player, I progressively took the decision to launch a new challenge »

2020 - 3-week internship in collective catering at IBS school of Provence

2-week internship in collective catering at «L'étoile» maternity

EDNH sport specification - 2nd year

4-week advanced internship at PAUC Handball

« What a year ! I enriched my knowledge in nutrition and I was able to get a foot in the world of dietetics at the hospital »

SPORTS AWARDS

Clubs

« I began my career in Montpellier at the age of 20 and i couldn't envisage doing something else, I was made for it and I am grateful to have started in the best French club, for which many international players played»

French championship (10) :
2005, 2006, 2008, 2009, 2010, 2011, 2012 (MHB)
2013, 2015, 2016 (Paris SG)

League cup (7) :
2005, 2006, 2007, 2008, 2010, 2011, 2012 (MHB)

French cup (8) :
2005, 2006, 2008, 2009, 2010, 2012 (MHB)
2014, 2015 (Paris SG)

Champions trophy (4) :
2010, 2011 (MHB)
2014, 2015, 2016 (Paris SG)

French second league championship (1) :
2017 (TFHB)

Country

« Taking part in the Olympic Games with my national team was an unattainable dream for me. I couldn't even imagine succeeding. It radically changed my life »

Olympic games gold medal
2012 de Londres



World championship
2011 en Suède
2015 au Qatar



European championship
2014 au Danemark



1st national team selection the 21 june 2009 against Letonia
(European qualification 2010)
87 selection and 194 scoring goals