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| european curriculum vitae |

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| Personal data |

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| Name |  | **Alessio Firullo** |
| Address |  | **Pavia, via Calchi 15, 27100** |
| Telephone |  | **+39 3487644660** |
| E-mail |  | [**alessiofirullo@googlemail.com**](mailto:alessiofirullo@googlemail.com) |

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| Nationality |  | Italian |

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| Date of birth |  | 18/07/81 |

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| **2001 – actual**  **2007 – actual**  **2016 – actual**  **2016 – actual**  **2013 – 2016**  **2014 – 2016** | Head strength and conditioning coach for youth tennis teams (under 10, under 12 e under 14 males and females) and the A2 Italian League tennis team at Associazione Motonautica Pavia.  Personal physical trainer of Giulio Mascherpa, Play-guard basketball player, class 1992. Last season played for A2 team at Orsi Tortona, after two brilliant years in B league with the team of Lecco (last season he was, as by statistics, the best playmaker of all the league)  Personal trainer of Carolina Colli, female basketball player class 2001 at Baskettiamo Vittuone; with her team this season she reached the 4th place in the under 16 Italian finals (chosen in the ideal starting five of the tournament) and 8th in the under 18 Italian finals; she will compete in the under 16 European championship in August.  Personal trainer of Silvia Greco, junior fencing athlete challenging both national and international tournaments  Responsible of the organization and development of the Summer Sport Camps at Associazione Motonautica Pavia  Physical Coach for female basketball team Omc Broni; during the last season reached the promotion in serie A1, won Italian Cup and Lumbardy Cup, by completing a perfect season with 37 wins of 37 played |
| **2009 – 2015** | Head strenght and conditioning coach for youth tennis team (under 10, 12, 14) at Tennis Club Pavia. |

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| **2011 – 2015** |  | Strength and conditioning project supervisor for Basket School Here You Can by Fabio Di Bella, Milano. |
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| **2009 – 2011** |  | Personal physical trainer of Filippo Baldi, tennis player class 1996. During this period, Filippo has climbed European under 14 ranking, won three international tournaments till number 3 of the European ranking in 2010. Other results:   * second place in Davis Cup under 14 for Italy (2010) * second place in European Championships under 14 (Cech Republic, july 2010) * won two Italian Championships under 14, both singles and doubles (2009-2010) |
| **2008 – 2009** |  | Personal physical trainer, in Sanremo, of Valentine Confalonieri, female tennis player class 1992. Reached, starting from 600 in the World, the 400th position World Ranking Wta. She showed great performance in international tournaments ($10000, $15000, $20000 dollars). |
| **2006 – 2007** |  | Head strength and conditioning at New Tennis Generation, Tennis Academy of ex international tennis pros Andreas Maurer e Marc-Kevin Goellner, in Cologne (Germany). Trained some of the best ranked young German players and six professionals, four males and two females. With them, also many experiences as traveling coach in Europe for international ATP and WTA tournaments. |

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| Studies and education |  | Bachelor degree in Scienze Motorie (2000-2004) at University of the Studies of Pavia with final result 107/110.  In july 2012 got title of Physical Trainer Second Level for Italian Tennis Federation (top nominee for National Tennis).  In june 2013 got the title of Strength and Conditioning Trainer for the Italian Basketball Federation.  Attended the annual International basketball clinic for strength and conditioning coaches in 2012, 2013, 2014 and 2016 in Tuscany  Attended the International Tennis Symposium at Foro Italico (Rome) in 2013  Symposiums and relations with some of the best international tennis coaches and conditioning trainers in tennis panorama (Renzo Furlan, Riccardo Piatti, Alberto Castellani, Renato Vavassori and Salvador Souza).  Held stage of strength and conditioning in tennis at the Egyptian branch of Juan Carlos Ferrero Tennis Academy, at Il Cairo (20-31st November 2007) |

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| Personal skills |

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| Native Language |  | Italian |

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| Other Languages |  | English (very good oral and written standards) French, German and Spanish (elementary standards) |

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| Social Skills |  | Top availability in collaborating with my colleagues from technical, motivational and planning perspective in order to get the best from the athlete, from the team. Care of each detail as key for a successful team project. |

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| Organizational Skills |  | Long term conditioning plans for young athletes; but also experience in conditioning athletes or teams for single championships or events. |

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| Technical Skills |  | Very good physical and coordinative skills, essential to make the athletes repeat and understand form and meanings of a specific move. |

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| Other Skills |  | Ability in writing and elaborating data in Microsoft Office. Mastery in a sane and useful treatment of internet. |

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| Drivings Licence |  | European B (for cars) |

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| Attachments |  | The introduction letter written and signed by Andreas Maurer and Marc-Kevin Goellner. |