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NATIONALITY Italian
DATE OF BIRTH 18/07/1981



PHYSICAL COACH

PROFESSIONAL EXPERIENCE

TENNIS Head strength and conditioning coach for youth tennis teams (under 10, under 12 and under 14, males and females) and the A2 Italian League tennis team at Associazione Motonautica Pavia.	2001 – Present Pavia - Italy
Personal trainer of Riccardo Bonadio, italian professional tennis player now 400th in the ATP ranking	2020 – Present Pavia - Italy
Head strenght and conditioning coach for youth tennis team (under 10, 12, 14) at Tennis Club Pavia.	2009 – 2015 Pavia - Italy
Personal physical trainer of Filippo Baldi, tennis player class 1996. During this period, Filippo has climbed European under 14 ranking, won three international tournaments up to 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)	2009 – 2011 Pavia - Italy
Personal physical trainer for 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).	2008 – 2009 Sanremo (IM) - Italy
Head strength and conditioning at New Tennis Generation (Tennis Academy of ex international tennis pros Andreas Maurer e Marc-Kevin Goellner). 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.	2006 – 2007 Cologne - Germany
BASKETBALL Head Strenght and Conditioning Coach for the first Team Omnia Basket Pavia (Italian B League)	2018 – Present Pavia - Italy
Personal physical trainer of Giulio Mascherpa, play-guard basketball player for A2 team at Basket Bergamo, 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).	2007 – Present Bergamo - Italy
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 competed in the under 16 European championship in August, reaching the 3rd place with Italy National Basketball Team.	2016 – Present Vittuone (MI) - Italy
Physical Coach for female basketball team Omc Broni; during the last season reached the promotion in A1 serie, won Italian Cup and Lombardy Cup, by completing a perfect season with 37 wins out of 37 played.	2014 – 2016 Broni (PV) - Italy
Strength and conditioning project supervisor for "Basket School Here You Can" by Fabio Di Bella (2006 - 2011 Italian National Basketball team).	2011 – 2015 Milan - Italy
FENCING Personal trainer of Silvia Greco, junior fencing athlete challenging both national and international tournaments.	2016 – Present Pavia - Italy
OTHER ACTIVITIES Responsible for the organization and development of the Summer Sport Camps at Associazione Motonautica Pavia.	2013 – 2016 Pavia - Italy

EDUCATION Sports Nutrition Certification at Barça Innovation Hub Universitas	2019
Strength and Conditioning Trainer professional qualification for the Italian Basketball Federation.	2013
Physical Trainer Second Level professional qualification for Italian Tennis Federation (top nominee for National Tennis).	2012
Master Degree in Physical Education and Sports at University of Pavia with final result 107/110.	2000 – 2004

Attended the annual International basketball clinic for strength and conditioning coaches in Tuscany (2012 - 2017). Attended the International Tennis Symposium at Foro Italico (Rome, 2013 and 2017). 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).

SKILLS

LANGUAGE Italian Mother Tongue
English Advanced at reading, writing and speaking
French Elementary reading, writing and speaking
German Elementary reading, writing and speaking
Spanish Elementary reading, writing and speaking

SOCIAL 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.

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

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

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

INTERESTS Running, Travelling, Cinema

Attachments *Presentation letter written and signed by Andreas Maurer and Marc-Kevin Goellner*