

PERSONAL INFORMATION

Giampiero Ascenzi

 Aspire Academy, 22287 Doha (Qatar)

 +974 33617242

 giampiero.ascenzi@hotmail.it

 Skype giampieroascenzi82

WORK EXPERIENCE

01/01/2017–Present

Strength and Conditioning Coach U.19

Qatar Football Association (QFA)

22287 Doha (Qatar)

www.qfa.qa

- Interconnection between the different areas of the technical staff (Technical, Medical, Physical)
- Design and apply physical plan in order to optimize the individual and team performance.
- Identify individual physical profile through physical and biomechanical assessments.
- Monitoring individual development for all the players.
- Monitoring the daily Training Load (Internal and External) according to the team strategy

Business or sector Professional, scientific and technical activities

18/08/2013–Present

Strength and Conditioning Coach Team U17

Aspire Academy

Asia Street Al Waab Area, 22287 Doha (Qatar)

www.aspire.qa

- Interconnection between the different areas of the technical staff (Technical, Medical, Physical)
- Design and apply physical plan in order to optimize the individual and team performance.
- Identify individual physical profile through physical and biomechanical assessments.
- Monitoring individual development for all the players.
- Monitoring the daily Training Load (Internal and External) according to the team strategy

Business or sector Youth Athletics Development

01/06/2012–01/07/2013

Strength and Conditioning Coach

S.S. Lazio Football Club

Via di Santa Cornelia n.1000 - FORMELLO, 00060 Roma (Italy)

www.sslazio.it

- Interconnection between the different areas of the technical staff (Technical, Medical, Physical)
- Design and apply physical plan in order to optimize the individual and team performance.
- Identify individual physical profile through physical and biomechanical assessments.
- Monitoring individual development for all the players.
- Monitoring the daily Training Load (Internal and External) according to the team strategy

01/09/2011–01/07/2013

Strength and Conditioning Coach, Field and Pool Rehabilitation

Isokinetic S.R.L.

via Flaminia, 867 Roma (Italy), Roma (Italy)

www.isokinetic.com

Development individual rehabilitation plan for pool activity.

Development individual rehabilitation plan for field activity. Development individual rehabilitation plan

for gym activity.

Business or sector Sports, Medicine and Rehabilitation

06/08/2008–05/07/2009

Strength and Conditioning Coach First Team

S.S. Cavese Football Club
Via Vittorio Veneto Cava de' Tirreni (Sa), 84013 Cava de' Tirreni (Italy)
www.cavese1919.it

- Interconnection between the different areas of the technical staff (Technical, Medical, Physical)
- Design and apply physical plan in order to optimize the individual and team performance.
- Identify individual physical profile through physical and biomechanical assessments.
- Monitoring individual development for all the players.
- Monitoring the daily Training Load (Internal and External) according to the team strategy

Business or sector Italian Pro League, First Division www.legapro.it

06/08/2008–05/07/2009

Strength and Conditioning Coach

S.S. Scafatese Calcio
Scafati(SA), Scafati (Italy)
www.scafatesecalcio.it

- Interconnection between the different areas of the technical staff (Technical, Medical, Physical)
- Design and apply physical plan in order to optimize the individual and team performance.
- Identify individual physical profile through physical and biomechanical assessments.
- Monitoring individual development for all the players.
- Monitoring the daily Training Load (Internal and External) according to the team strategy

Business or sector Italian Pro League, Second Division www.legapro.it

EDUCATION AND TRAINING

01/02/2017–05/05/2017

Professional Physical Coach for Football Team

EQF level 1

Federazione Italiana Giuoco Calcio (FIGC), Firenze (Italy)

Professional Football Fitness Coach:

Technical and Tactical of Football

Study of Energy Systems

Physiology applied to football performance

Strength and Endurance applied to football players

Study the integration system applied in football performance

Understanding the injures factors and apply injury prevention strategy in football

Understanding the individual the training load derived from the trainings and matches

09/09/2016–Present

PhD Programme in Physical Activity and Sport Sciences

Universidad Pablo de Olavide, Seville (Spain)

<https://www.upo.es/postgrado/en/PhD-Physical-Activity-and-Sport-Sciences/>

Key Factors in Physical and Athletic Performance

27/11/2017–29/11/2017

Business Intelligence: Mastering Data Analytics & Reporting Techniques

	<p>Virginia Institute of Finance, Doha (Qatar)</p> <ul style="list-style-type: none"> ■ Massaging and normalizing data ■ Reporting, analysis, and reconciliation ■ Interpretation of large data sets ■ Modeling and 'what-if' scenarios ■ Data integration ■ Dynamic dashboards and scorecards ■ Key performance indicators 	
10/11/2017–10/11/2017	<p>Strength and Conditioning Coach by Mike Boyle</p> <p>Movement as Medicine MBSC Mike Boyle, Doha (Qatar)</p> <p>Comprehensive Approach to Football Training</p>	
13/05/2016–14/05/2016	<p>Body Weigth Lifting 1st4Sport Level 1</p> <p>British Weigth Lifting Association, Doha (Qatar)</p> <p>http://britishweightlifting.org/</p> <ul style="list-style-type: none"> ■ The basic moves of the snatch and clean and jerk ■ Small group sessions on the basic moves of weight lifting 	EQF level 1
26/05/2015–26/05/2015	<p>Self-Myofascial Release Techniques (SMRT)</p> <p>MEFITPRO, DUBAI (United Arab Emirates), Doha (Qatar)</p> <p>SMRT-CORE™ programming is myofascial total body training that combines Self-Myofascial Release Techniques (SMRT) and progressive core work using Trigger Point Performance's GRID™ Revolutionary Foam Roller. Learn how to take the benefits of traditional foam rolling to the next level by enhancing the effects of SMR and boosting performance through core strengthening. Combining these two elements allows you to maximize time and effectiveness as you boost client and athlete performance with the health benefits of massage and total body exercise. In this training, you will learn the advantages of SMRT-CORE™ programming, proper execution of movements on The GRID™ Revolutionary Foam Roller, how to implement SMRT-CORE™ programming into different markets, and effective coaching and cueing techniques.</p>	EQF level 1
06/09/2014–06/09/2014	<p>Dartfish Level 1</p> <p>Dartfish Company, Doha (Qatar)</p> <p>Capture and analyze video by Dartfish Software1</p>	EQF level 1
16/06/2014–20/06/2014	<p>TRX Coach Level 1</p> <p>MEFITPRO, Dubai (United Arab Emirates), Doha (Qatar)</p> <p>Learn the fundamentals of TRX® Suspension Training® and how to incorporate them into your personal training practice in this introductory eight-hour course.</p>	EQF level 1
16/07/2014–20/07/2014	<p>Performance Mentorships Level 1</p> <p>EXOS Athletes Performance, London (United Kingdom)</p> <p>Phase 1 offers an introduction to EXOS' methodology through cohesive theoretical and applied learning. This is the first step into immersing yourself into the unique methodology and reasoning behind the systems that help the top athletes around the world continually succeed at the highest level.</p>	EQF level 1
15/08/2010–10/05/2011	<p>Mezieres Plus -Posturology Method-</p> <p>JMC Formation, Roma (Italy)</p>	

- 19/05/2011–19/06/2011 **Futsal Coach Level 1** EQF level 1
 Italian Football Federation, Roma (Italy)
 Technique and Tactics of Futsal, psychology, methodology and training.
- 05/04/2010–05/05/2010 **Instructor football school Level 1** EQF level 1
 Italian Football Federation, Roma (Qatar)
 Technical and Tactical for child, pedagogy, medicine, first aid
- 05/09/2006–05/05/2010 **Master Degree in Physical Education, I.U.S.M Roma “ Foro Italico”**
 I.U.S.M Roma “ Foro Italico”, Roma (Italy), Roma (Italy)
<http://www.uniroma4.it>
 Methodology of training, physical training in team sports, sport and motor skills in disabled, sport anatomy, physiology applied to sport activities. Nutrition and feeding sport traumatology and rehabilitation after injuries
- 05/09/2002–05/06/2006 **Bachelor's Degree in Physical Education, Università degli studi di Cassino Università degli**
 Università degli studi di Cassino e del Lazio Meridionale, Cassino (Fr) (Italy)
 Methodology of training, physical training in team sports, sport and motor skills in disabled, sport anatomy, physiology applied to sport activities. Nutrition and feeding sport traumatology and rehabilitation after injuries

PERSONAL SKILLS

Mother tongue(s) Italian

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B1	B1	B1	B1	B1
Spanish	B2	B2	B2	B2	B2

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages - Self-assessment grid

Organisational / managerial skills I'm the responsibility in charge of the physical performance of the Qatar National Team Under 19.

- Individualize the best team strategies
- Creating and keeping deadlines.
- Achieving individual and team targets
- Cooperation with the staff
- Goal setting and meeting goals.
- Decision-making.
- Team management

Job-related skills

- Active Listening.
- Adaptability.
- Communication.
- Creativity.

- Critical Thinking.
- Decision Making.
- Interpersonal Communication.
- Management.
- Leadership.
- Organization.
- Public Speaking.
- Problem-solving.
- Teamwork.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem-solving
Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

Digital skills - Self-assessment grid

Excellent knowledge and use of all MS Office programs and Video Analysis. Capable of evaluating an athlete's physical performance, operating and managing high technology equipment (next Optojump, Free Jump, Polar and Garmin Heart Rate Monitors, Yo-Yo System, Free jump, GPS system, SmartCoach, Muscle Lab, Darth Fish and Force Desk)

ADDITIONAL INFORMATION

- Publications** Ascenzi, Giampiero, et al. "Bilateral Deficit and Bilateral Performance: Relationship with Sprinting and Change of Direction in Elite Youth Soccer Players." *Sports* 8.6 (2020): 82.
- Publications** Filetti C, Ruscello B, Ascenzi G, Di Mascio M, D'ottavio S. Physical performance metrics in elite soccer: do power and acceleration metrics provide insight into positional demands and match-related fatigue in the 4-3-3 system?. *J Sports Med Phys Fitness*. 2019;59(10):1640-1650.