



## Francesco Cuzzolin



### **PONENCIA:**

Strength Training Variation: when making the difference doesn't mean just making it different.

### **RESUMEN:**

Strength training is a fundamental ingredient influencing performance and injury reduction in many sports disciplines. Scientific literature agrees about its benefits for any age, gender, and in almost any training period. Are we truly considering all its variables in a logical approach or just practicing our athletes? Because this is not training.

### **CV:**

Francesco Cuzzolin is the first European to become Head Strength and Conditioning Coach in the NBA, with the Toronto Raptors.

He has worked for 15 years with two of the most successful European basketball teams, Benetton Treviso and Virtus Bologna, from where many NBA players, have started their careers. Like S&C Coach he has worked for three years with the Russian National Team, six years with the Italian National Team, and as a consultant, he has shared his expertise with the Latvian National Team, CSKA Moscow, and Fenerbahce Istanbul.

Francesco is currently the Performance Director for Olimpia Armani Milano, the Italian Euroleague Basketball Team.

He has a Ph.D. in physical exercise applied to industrial engineering and he teaches at the University of Udine "Training methodology for Team Sports".

Francesco has been part of the Technogym company in different roles, recently like Director of our Scientific Department and Research and Innovation Manager, currently, like a consultant for the Sports Performance segment and he is part of the Technogym Scientific Advisory Board. He is also part of the ELPA (EuroLeague players association) Performance Advisory Board.