

# CURRICULUM VITAE

ADRIANO BIANCHINI

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Place and date of birth **Rome 23/01/1963**, Nationality **ITALIAN**

## FOOTBALL FITNESS COACH AND TRAINER:

**2019-2020** SS Lazio calcio (First Team) **ITALIAN SUPER CUP WINNERS**

**2018-2019** SS Lazio calcio (First Team) **ITALIAN LEAGUE CUP WINNERS**

**2017-2018** SS Lazio calcio (First Team) **ITALIAN SUPER CUP WINNERS**

**2016-2017** SS Lazio calcio (First Team) **ITALIAN LEAGUE CUP FINALISTS**

**2015-2016** SS Lazio calcio (First Team) Coordinator of the fitness coaches of the youth academy from September to March. Back to the First Team from April to May

**2014-2015** SS Lazio calcio (First Team) **ITALIAN LEAGUE CUP FINALISTS**

**2013-2014** SS Lazio calcio (First Team) **ITALIAN SUPER CUP FINALISTS**

**2012-2013** SS Lazio calcio (First Team) **ITALIAN LEAGUE CUP WINNERS**

**2011-2012** SS Lazio calcio (First Team)

**2010-2011** SS Lazio calcio (First Team)

**2009-2010** SS Lazio calcio (First Team) **ITALIAN SUPER CUP WINNERS**

**2008-2009** SS Lazio calcio (First Team) **ITALIAN LEAGUE CUP WINNERS**

**2007-2008** SS Lazio calcio (First Team) (Champions League appearance)

**2006-2007** SS Lazio calcio (First Team)

**2005-2006** SS Lazio calcio (First Team)

**2003-2004** L'Aquila Calcio C1 division (First Team)

**2002-2003** Frosinone Calcio C2 division (First Team and Youth Team)

**2001-2002** A.S. Latina calcio D division (First Team)

**2000-2001** A.S. Latina calcio D division (First Team)

**1999-2000** A.S. Gubbio calcio C2 division (First Team)

**1998-1999** A.S. Gubbio calcio C2 division (First Team)

**1996-1997** U.S. Viterbese calcio C2 division (First Team)

**1995-1996** U.S. Viterbese calcio C2 division (First Team)

**1994-1995** U.S. Viterbese calcio interregional division (First Team)

**1993-1994** U.S. Viterbese calcio interregional division (First Team)

**1992-1993** U.S. Viterbese calcio interregional division (First Team)

**1991-1992** F.C. L'Aquila calcio interregional division (Youth Team)

**2004-2014** athletic trainer at "VILLA STUART SPORTS CLINIC " in Rome, acting as coordinator of rehabilitation and reconditioning of athletic injuries and external consultant for the last three years

**1988-1998 ASSISTANT** at the Laboratory for Muscle Strength Assessment at the ISEF in Rome

## **QUALIFICATIONS**

**1998** Level 3 UEFA B Licence

**1992** Qualification as Athletic Trainer for football achieved by attending the 2nd Course at the Federal Technical Center of the Italian Football Federation (Coverciano-Florence)

**1988** Physical Education Degree ISEF of Rome

## **PERSONAL SKILLS**

Specialized in football athletic injury recovery, rehabilitation and reconditioning, fitness trainer, fitness instructor

Specialized in calculating heart rate variability, in the use of proprioceptive, in the use of Spirotiger (the only system of breathing gymnastic that specifically trains the strength respiratory muscles)

Specialized in the use of imoove, modern rehabilitation machine

Specialized in the use of RSQ, equipment for the recovery of injured muscles

Good computer knowledge (Office)

**MOTHER TONGUE ITALIAN**

**OTHER LANGUAGES ENGLISH** (GOOD reading, writing and speaking skills)

## **LECTURES**

He held 5 lessons at IUSM (UNIVERSITY INSTITUTE OF MOTOR SCIENCES) in Rome, concerning "prevention and recovery of injured athletes in football", on: April 17, 2007; December 7, 2007; December 1, 2008; November 26, 2010; January 25, 2012

## **CONFERENCES AND SEMINARS**

**SPEAKER** at the conference "Manage the football player's recovery during post injury – comparison between high-level realities" organized by "Niccolò Cusano" University on June 13, 2016 in Rome

**SPEAKER** at the conference "The Physical Preparation of SS Lazio" organized by A.I.P.A.C. on November 28, 2005

**SPEAKER** at the conference "Muscle strength training" organized by AIPAC on March 30, 1996 at the ISEF of Rome

**SPEAKER** at the conference "The Development of training in a club of the National Amateur Championship" organized by AIPAC (Italian Association Football Athletic Trainers) on March 21, 1994 at the Institute of Sports Science in Rome Acquacetosa

Yours faithfully  
**Adriano Bianchini**