

CURRICULUM VITAE

Federico F. Fosci



SWIMMING COACH CAREER

2013\Present Coach Youth Team and Higher Categories Team at UNICUSANO AURELIA NUOTO Rome
Medalist Athletes at Regional Championships and Youth Italian Championships.

2012\2013 Swimming Instructor (youth and adult) at GYM CLUB - Rome

2011\2013 Assistant Coach Youth Team and Higher Categories Team at HEAVEN PARCO PARADISO - Rome

2010\2011 Assistant Coach Youth Team (8 to 13 y.o.) at ASD LARUS NUOTO - Rome

EDUCATION

High school diploma "Community Executives" graduated in July 2010 with 80/100 votes

FIN (Italian Swimming Federation) & CONI (Italian National Olympic Committee) Patents

I Level Coach

Base Instructor

II Level Coach

Advanced Instructor

International Pool Lifeguard

PERSONAL SKILLS

English (Level B2 QCER)

BLS (Basic Life Support Defibrillator)

Leadership and motivational skills (Coaching&Personal Growth Stages 2014/2015)

Good organizational skills and learning ease both individually and in team

ATHELETE CAREER

1999\2014 Professional Swimmer (1999\2011 at ASD LARUS NUOTO - Rome. 2011\2014 at UNICUSANO AURELIA NUOTO - Rome)

- Several times Regional Champion

- Participation in Youth Italian Summer Championships 2008-2009-2010-2011

- Participation in Youth Italian Winter Championships 2009-2010-2011

- 50 and 100 breaststroke Finalist at Youth Italian Summer Championships 2011

- Stage with Austrian National Team in 2010 at Wien Olympic Training Center

ACHIEVEMENT

2013\Present Assistant Coach of Roberto Marinelli (Youth Open Water Italian National Team Head Coach, European Champions 2013-2014-2015-2016 and World Champions 2014-2016. Head Coach at UNICUSANO AURELIA NUOTO - Rome, with several Medalist and Finalist at Italian Championships. Coach of Giada Galizi, 4x100 freestyle mixed Gold Medalist and 4x100 freestyle women Bronze Medalist at European Championships long course Berlin 2014 and participant at World Championships short course Doha 2014.

Coach of Alessio Proietti Colonna, 4x200 freestyle man Bronze Medalist at European Championships long course Glasgow 2018).

DIFFERENT JOBS

2013 Assistant Estate Agent at "Tecnocasa Quarto Miglio"

2014 Volunteer Rescuer at ARES 118 at "Misericordia Roma Sud"