



I am a **Professional Strength & Conditioning Coach**, with over 20 years of experience at different levels. Many other work experiences, including management, have enriched my work. I like to be continuously updated, alongside the practical experience, study and update. My approach to work is characterized by the application of a rigorous scientific method, the professionalism, the punctual organization and the joy of practice what I like most. I am prone to teamwork.

# ALESSANDRO RUSPANTINI

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## Skill Highlights

- Team spirit
- Adapt to multicultural environments
- Group management
- Ability to work independently with a high level of personal initiative and autonomy
- Relate with athletes of all ages and levels
- Sense of organization
- Preparation and organization of training sessions
- Organization of meetings, lectures, round tables, seminars, conferences
- Competence in the use of sport equipment
- Ability to prepare and organize training sessions in different environments and contexts

## Languages

Italian – Native Speaker

English – B2

## Experience



### Functional Rehab and Reconditioning Coach / Hydrotherapy Coach

*August 2022 to present*

Functional rehab and Reconditioning of injured football players and Hydrotherapy for 1<sup>st</sup>, U23, U19, U16 Qatar National Teams. – Qatar Football association. Doha, Qatar.



### Senior Strength and Conditioning Coach / Hydrotherapy Coach

*June 2023 to present*

Responsible of Hydrotherapy (Recovery, Rehab and Load Management) work and Strength and Conditioning Coach for Youth – Aspire Academy. Doha, Qatar.



### Functional rehabilitator

*July 2014 to September 2018*

Functional Rehab in swimming Pool and on Field. – Isokinetic Rome. Rome, Italy.



### Coordinator of Youth Strength and Conditioning Coaches

*August 2013 to September 2018*

Head of Youth Strength and Conditioning Coach. - Accademia Calcio Roma. Roma, Italy.



### Strength and Conditioning Coach

*August 2013 to May 2014*

Strength and Conditioning Coach of the **1st team** Eccellenza (5th level league) Championship - A.S.D. Villanova Calcio – Guidonia Montecelio (Roma), Italy.



### Strength and Conditioning Coach

*August 2012 to June 2013*

Strength and Conditioning Coach of the **1st team** Eccellenza (5th level league) Championship - S.S.D. Terracina Calcio 1925 – Terracina (LT), Italy.



### Referees Conditioning Coach

*September 2010 to May 2012*

Conditioning Coach for Referees and Assistant Referees of all categories (CAN A - CAN B - CAN PRO - CAN D - CAI - CRA). – Italian Referees Association. Rome, Italy.



### Strength & Conditioning Coach and Functional Rehabilitator

*September 2008 to July 2012*

Rehab and S&C Coach – Sportkinetic Centre. Rome, Italy.



### Strength & Conditioning Coach

*August 2003 to June 2008*

Strength and Conditioning Coach for Youth – S.S. Lazio. Rome, Italy.



# ALESSANDRO RUSPANTINI

## Education



January 2003-March 2006

**Degree in Sport and Motor Activities Management, 110/110 cum Laude, March 24th, 2006.**



January 2002-October 2002

**Master's degree in Methodology of Training, 30/30, September 10th, 2002.**



January 2000-January 2001

**Bachelor in Exercise Science and Sports Studies, 110/110 cum Laude, January 26<sup>th</sup>, 2001.**



October 1996-December 1999

**Diploma in Physical Education, 110/110 cum Laude, December 22<sup>nd</sup>, 1999.**

## Certifications



October 2021

**Recognition of Experience & Current Competence (RECC) - AFC Fitness Level 2 coaching certification.** Asian Football association.



October 2021

**Qualification to Professional Football Physical Trainer, 58/60 – cod. 48998 certification.** Italian Football Federation (FIGC) – Technical Sector.



October 2007 – January 2008

**Specialization Course Design and Management of Research Applied to Sport.** CONI School of Sport.



January 2007 – March 2007

**Distance Course for Soccer Physical Trainers.** University Institute of Sports Science and Uninettuno in collaboration with Manchester United FC, the owner of the course **prof. V. Di Salvo**, tutor **prof. P. Bellotti**.



March 2005 – June 2005 12344321

**CONI Strength and Conditioning Coach.** CONI School of Sport.