



# SIMONE CARRIERO

## CONTACT

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## EDUCATION

Master Degree: Sport Science  
**Università degli Studi di Urbino**  
"Carlo Bo" - Urbino, Urbino,  
Marche

Master of Science: Master I level  
**Università Tor Vergata Medicina E**  
**Chirurgia Specialistica**, Roma,  
Lazio

November 2018  
Bachelor of Science: Kinesiology  
**Università degli Studi "Gabriele**  
**d'Annunzio" - sede di Chieti**,  
Chieti, Abruzzo

## LANGUAGES

### Italian

Bilingual or Proficient (C2)

### English

Upper intermediate (B2)

## PROFESSIONAL SUMMARY

Multi-talented Fitness Coach well-versed in teaching young and senior classes, creating individualized plans and managing exercise facilities. Highly effective at cultivating strong member relationships and building loyalty, with a special vocation for football training players and in general for all kind of sports. Enthusiastic Fitness Coach eager to help individuals of all fitness and skill levels improve overall well-being with effective exercise strategies. Knowledgeable about safety principles and equipment management. Goal-oriented Strength and Conditioning Coach with solid background in building and managing individual and group training programs. Experienced optimizing athletic performance through speed, strength and power conditioning. Detail-oriented, systematic and driven to achieve remarkable results with every athlete.

## SKILLS

- Relationship development
- Certificate of Match & Training Analysis
- Certificate of athletic trainer of the FIGC (Italian Football Federation) youth teams
- Strength Training Techniques
- Periodization Planning
- High-Intensity Interval Training
- Strength development
- Injury Prevention Knowledge

## WORK HISTORY

### Owner of "Corpore Sano" personal training studio

- Establish programs for the psycho-physical development
- Cooperation with other staff members (coach, medical staff)
- Postural training and personal coaching
- Develop training programs for injury prevention.

August 2022 - May 2024

### **Strength and Conditioning Coach (U 18), Martina Calcio 1947 SSD**, Martina Franca, Italy

- Enhanced athlete performance by designing and implementing customized strength and conditioning programs.
- Promoted culture of dedication and hard work.
- Reduced injury rates through detailed assessments, targeted mobility exercises, and proper movement pattern training.
- Stayed up-to-date on current research trends in strength and conditioning, applying new techniques as appropriate for improved

results.

August 2018 - August 2022

**Strength and Conditioning Coach (U 18), Juniores (U18) Football Team Fasano Calcio**, Fasano, Italy

- Establish programs for the psycho-physical development of football players
- Cooperation with other staff members (coach, medical staff)
- Help the coach to develop the right football technique
- Show the right technique execution during strength training
- Develop training programs for injury prevention
- Use of test batteries to test physical quality.

June 2019 - July 2019

**Sport Activity Leader, Study Tours**, Milano, Italy

- Organize games and sports for the children during the afternoon
- Help the campus manager and the English teachers organize for daily activities
- Organize entertainment activities during the evening
- Monitoring children during daily activities.

October 2017 - June 2019

**Personal Trainer, Sport GYM "WELLNESS"**, Martina Franca, Italy

- Designed specific workout systems for individual clients based on performance ability
- Taught clients how to properly operate exercise equipment
- Control of the execution technique during the exercises
- Organized files and created new system for personal fitness plans, records and contracts.

November 2017 - June 2018

**Teacher Of Phisycal Education, Sant'Elia" And "Don Bosco" Elementary School**, Grottaglie, Italy

- Cooperation with the teachers and with the school to better organize the sport activities for elementary school students
- Develop of basic movement patterns for the children
- Promote a wide variety of motor activities and sports.

August 2017 - June 2018

**Fitness Coach, Juniores Football (under 18) Of AS Martina Calcio**, Martina Franca, Italy

- Establish programs for the psycho-physical development of football players
- Cooperation with other staff members (coach, medical staff)
- Help the coach to develop the right football technique
- Show the right technique execution during strength training
- Develop training programs for injury prevention

- Created individualized exercise and strength and conditioning programs to facilitate and increase athletic performance.

October 2014 - June 2015

**Coach Of Under 10 And 12, Football School "Futura Martina",** Martina Franca, Italy

- Development of football technique and basic movement patterns.

March 2014 - June 2014

**Assistant Phycomotor Instructor For Children, Planned As University Internship,** Chieti, Italy

- Assess children's psychomotor conditions up to elementary schools
- Implement the motor activities of children with creative play exercises.

October 2013 - June 2014

**Assistant Coach, CUS - Università Degli Studi "G. D'Annunzio" ChietiPescara,** Chieti, Italy

- Directed ambitious practice sessions to boost athletic abilities and teamwork
- Promoted stretching and proper exercise form to help players avoid injuries and prevent muscle tightness
- Prepared athletes for special competitions and tournaments.

## ADDITIONAL INFORMATION

Highly skilled and results-oriented professional with solid academic preparation and experience in sport and teaching field. Ability to assess and manage obstacles in different contexts. Successful in intense and demanding settings, providing teamwork in multicultural environment. Flexible, reliable, with good time management capability to work efficiently as part of a team but can also work individually with demonstrated integrity and work ethic. Good knowledge of Microsoft packages, fluent English language with level B1 and with driver's license. Have many interests including music, travels and photography.