

# GABRIELE BAGATTINI

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## Personal Information

Date of birth 21/06/1986  
Nationality Italian

## Professional Summary

Collaborated with coaches who have had diverse experiences in Italy, Switzerland, Spain, France, and Germany has enriched my ability to adapt training designs effectively and flexibly. With a diversified educational background across multiple countries such as Italy, France, Switzerland, Spain, and Northern Ireland, I've honed my expertise. Experienced strength and conditioning coach with a comprehensive skill set in supervising players in endurance, strength, power, hypertrophy, prevention, and rehabilitation programs. Proficient in designing tailored plans to address the specific needs of individual athletes. Adept at conducting regular testing, closely monitoring progress and recovery, and maintaining accurate records of athletes' development. Working with other fitness, physiotherapy, medical and coaching staff ensuring a proper and holistic approach to the development of athletes. In addition, on regard to national team trainings camps, training in preparation for international tournaments and monitoring loads during the transition from club to National team. Driven by a passion for continuous professional development, I am pursuing a PhD to further enhance my knowledge and performance.

## Work Experience

### 2023 | currently

Neuchâtel Xamax FC | Neuchâtel  
Head of Performance (First Team & Academy)

### 2021 | 2023

FC Luzern | Luzern | EUROPA CONFERENCE LEAGUE-Q3  
Fitness and Performance Coach (First Team)

### 2021 | 2021

TEAM VAUD-Football Club Lausanne Sport | Lausanne  
Head of Performance (Academy)

### 2020 | 2021

Swiss Football Association  
Fitness and Performance Coach (National Team Under 19)

### 2019 | 2021

Football Club Lugano | Lugano | EUROPA LEAGUE – GROUP STAGE  
Fitness and Performance Coach (First Team)

### 2016 | 2018

Football Club Lausanne Sport | Lausanne  
Fitness and Performance Coach (First Team)  
Head of Performance (Academy)

**2013 | 2016**

Freelance  
Masseur and Physiotherapist, Strength & Conditioning Coach, Injury Rehab

**2010 | 2016**

Italian Serie D & Italian Professional Youth Teams (CHAMPIONS season 2014/2015) & Italian Amateur Teams | Italy  
Strength & Conditioning Coach

**2009 | 2016**

Tennis: Professional and Amateur Athletes | Italy  
Strength & Conditioning Coach

**2010 | 2011**

Isokinetic | Torino  
Injury Rehab

**Education and Training****Currently | PhD in Physical Activity and Sports Sciences (Universidad Pablo de Olavide, Sevilla)**

- PhD Student

**2013 | Healthcare, Masseur and Physiotherapist (Istituto Enrico Fermi, Perugia) (law 403/71)**

- Masseur and physiotherapist

**2012 | Master Degree in Sport Science and Technology (Università degli Studi di Torino, Torino)**

- MSc Sport Science and Technology

**2012 | Diplôme DUEPP: Diplôme Universitaire Européen de Préparation Physique en Sport Collectif, Tennis et Ski Alpi (Université Claude Bernard Lyon 1)**

- European certificate of physical trainer (First level master)

**Personal Skills, Competences and Passion****Language**

Italian: native language  
English: intermediate  
French: intermediate  
Spanish: intermediate

**Knowledge**

Human body and musculoskeletal diseases  
Techniques and methods for strength and conditioning  
Technologies and tests applied to movement and performance  
Data Analytics with Excel and Power BI

**Passion**

Psychology and neuroscience

**Certification**

Professional Football License for Strength and Conditioning Coaching (FIGC, Italy)  
Athletic Trainer Level 3 (SFV, Switzerland)  
EXOS Absolute Speed certificate  
Judo black belt, DAN III  
Swimming instructor (FIN, Italy)  
Tennis physical trainer certificate  
Currently: UEFA C Diploma (IFA, Northern Ireland)