

EDUCATION:

2006-2008: **Université de Montréal**, Montréal Canada- M.Sc Exercise Physiology  
Specialization: Physical assessment and training

2002- 2006: **Concordia University**, Montréal, Canada – B.Sc Exercise Science

- Professional member Ontario Kinesiology Alliance, R.Kin.
- Certified Level 3 Speed Skating Coach, Completing advanced diploma in coaching at INFE
- Certified Level 2 Cycling Coach

LANGUAGE: Fluent in French, English and Italian

WORK EXPERIENCE:

- 2011-present: **Federazione Italiana Sport del Ghiaccio (FISG)**
- Technical Director/Head Coach Italian Short track speed skating national team
  - Involved in all aspects of preparation of the team for Sochi 2014 and PyeongChang 2018:
    - Day to day administration and long term planning
    - Periodization and training programs on and off ice
    - Equipment set up and maintenance
    - Research and development
    - Ice maintenance and preparation
    - Diet and Nutrition
    - Sponsorship
  - Coach education and mentorship for FISG
- 2007- 2011: Personal trainer and technical skating instructor for professional hockey players
- 2010- 2011: **Speed Skating Canada**
- Regional development mentor – Eastern Canada
  - Coach education, mentoring, building development structures for athletes
  - Implementation of long term athlete development (LTAD)
- 2006- 2011: **Kinesiology Clinic, Université de Montréal**
- Exercise Physiology Laboratory Specialist
  - Evaluator/physiologist for Canadian cycling association athletes
  - Supervisor of Kinesiology students for physical assessment and training program design
  - Kinesiology department course lecturer and internship supervisor
- 2008-2010: **Montréal-International speed skating club**
- Canadian junior team Head Coach and team leader, Québec provincial Head coach
- 2009-2010: **Speed Skating Canada - Short track speed skating national training centre Montreal**
- Assistant coach women's senior National team
- 2007-2008: **Montréal-International speed skating club**
- Assistant Coach, equipment specialist, periodization consultant
- 2005-2007: **Centre Régional Courte piste Laval** (Québec Regional short track center)
- Head coach, equipment specialist

OTHER EXPERIENCES:

2015 World Championships      **Coach – 1 gold, 1 silver, 3 bronze medals with Italian short track speed skating team**

2014 Sochi Olympics	<b>Coach - 1 Silver and 2 Bronze medals with Italian short track speed skating team</b>
2009	<b>Quebec Speed Skating Federation's nomination, coach of the year for Gala Sport Québec</b>
2007-2008	<b>Canadian Speed Skating Association coach mentorship program</b>

- Proficient with computer hardware, software and networking

***References available upon request***