

Raffaele Gennaro

S&CCOACH MASSOTHERAPIST

ABOUT ME

Ideal with physical preparation at 360 degrees. In recent years I have been involved in research related to recovery and performance through Hrv analysis

QUALIFICATIONS

Università San Raffaele Roma

Degree in Sport Science
Final vote 106/110

Milano Master University

Sports traumatology

Ecolife Milano

Massage therapist course

Fms Trainer

Kinesio tape operator

LANGUAGES

Italian-Mother tongue
English - Advanced
German - Inexperienced



CONTACTS

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WORK EXPERIENCE

Strength and conditioning coach: 2017-today

I take care of the physical preparation of the team, work in the weight room, functional evaluation and recovery of the injured athlete. The team where I work plays in the second Italian women's basketball division

Minibasket Coach: 2014-today

Ideal with the development of the technical and motor skills of children aged 5 to 12.

School: 2014-today

I work with children aged 3 to 14.

EMPIRICAL RESEARCH:

Hrv and performance;
Hrv and recovery;
Massage therapy and Hrv;
Stimulation of the plantar fascia and functional recovery;
Strategies and methodologies in the weight room in women's basketball.