

# Federico BRUMANA

Born in Asti the 04 May of 1994  
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## EDUCATION

- University of Sophia Antipolis, Nice, France. Master EOPS “Training and Optimization of Sport Performance”, 2020
- Drury University, Springfield (MO): Exercise Physiology 2017-2018
- Motor Sciences Degree (L-22) University of Turin, July 2016, 101/11
- TOEFL certificate (English), score: 90/120
- High School Diploma Socio-Psycho-Pedagogical at Istituto Magistrale Monti di Asti, academic year 2012-2013
- Life guard certificate “P”: 28/05/2016 valid until 31/12/2021, Cod. CARD FIN-353064
- Swimming Instructor: Associazione Libertas SRFS

## LANGUAGE AND TECHNICAL SKILLS

- Italian – Native language
- French - Fluent
- English – Fluent
- MS Office (Word, Excel, PowerPoint, Outlook)

## SKILLS AND COMPETENCES

Resilience; Great interpersonal skills; Flexibility and adaptability; Good predisposition for team work; Organizational attitudes aimed at achieving pre-established objectives.

## WORK EXPERIENCES / INTERNSHIPS (STAGES)

- Lifeguard from June 2016 to July 2017 at Associazione Sportiva CSR Granda, Asti.
- Swimming Instructor from January 2016 to July 2017 at Associazione Sportiva CSR Granda, Asti.
- Stage at O.N.N. (Olympic Nice Natation) – “elite group” Fabrice Pellerin (from September 2018)
- Swimming instructor at Olympic Nice Natation from January 2019 – current
- Model at Enjoy Models Agency – 27, Av. Jean Médecin – 06000 Nice
- Assistant Coach at Olympic Nice Natation (Practices, Competitions and training trips) 2018 – current  
*Athletes : Jérémy Desplanches (200 IM silver medalist in World Championship 2019/ Bronze medal Olympic Games Tokyo 2020); Charlotte Bonnet (Olympic games Tokyo 2020); Jordan Pothain (Olympic games Tokyo 2020); Jérémy Stravius ; Aurélie Muller ; Charles Rihoux (Olympic games Tokyo 2020)*
- Coach Junior Swim team (14 + years) at Olympic Nice Natation, regional and national level. Season 2019 – current
- Swim coach : International level triathletes, season 2019 – current

## PARTICIPATION AT SPORT EVENTS

As an athlete of the Youth and Absolute Italian National Team of Open Water:

- LEN Cup 2015 (Israel) LEN Cup 2014 (Hungary, Netherlands, Spain, Italy) LEN 2013 (Israel, Turkey, Netherlands, Germany)
- European Championship of Open Water (Juniors), Kocaeli, Turkey 2012

- Co.Me.N Cup Open Water - Limassol, Cyprus 2011
- Co.Me.N Cup Open Water - Oeiras, Portugal 2010
- Co.Me.N Cup LCM - Belgrade, Serbia 2009

## **AWARDS AND ACKNOWLEDGEMENT**

### Academic:

- Dean's list recognition (Drury University) – students with GPA higher than 3.6: Fall 2017, Spring 2018;
- Dean's scholarship (Drury University) – 2017-2018
- Scholar All-American (CSCAA) – Student-athlete with GPA higher than 3.5 and that were qualified for the DII National Championships (NCAA DII): Spring 2018.

### Sports:

- Athletic scholarship-swimming (Drury University) – season 2017-2018
- Italian Youth Champion LCM: 1500 Freestyle (2014)
- Italian Youth Champion SCM: 400 Freestyle, 1500 Freestyle, 800 freestyle relay (2014)

## **TRAINING COURSES AND CERTIFICATIONS**

- SFG KETTLEBELL INSTRUCTOR LEVEL 1, Paris, May 30<sup>th</sup> 2021
- NEUROTYPING : THE FOUNDING PRINCIPLES, Ballistic Advanced Training Institute. June 22, 2020
- Journée De La Recherche Au Service De La Performance Sportive 2019. Institut National du Sport, de l'Expertise et de la Performance, Paris (21/03/2019)
- STRENGTH TRAINER training course, COREBO, June 16-17, 2018

## **REFERENCES**

- Pellerin Fabrice – Swimming Technical director of Olympic Nice Natation, 36 Avenue Paul Arène, 06000 Nice. E-mail : [pellerin.fabrice06@gmail.com](mailto:pellerin.fabrice06@gmail.com)
- Morin J.B.- Full Professor, Director of the Masters in Sports Performance and Training Science, Associate Dean for Research, Faculty of Sport Science, Vice-Director, Laboratory Human Motricity, Expertise Sport & Health, Associate Researcher, Auckland University of Technology, Sports Performance Research Institute New-Zealand. E-mail: [jeanbenoitmorin@gmail.com](mailto:jeanbenoitmorin@gmail.com)
- Vercelli Giuseppe – University of Turin Department of Social and Sport Psychology. E-mail: [giuseppe.vercelli@unito.it](mailto:giuseppe.vercelli@unito.it)
- Ted Vaggalis - Chair - Department of History Philosophy Religion Associate Professor of Philosophy and Political Science Drury University, 900 North Benton Avenue. Springfield, Missouri 65807 e-mail: [tvaggalis@drury.edu](mailto:tvaggalis@drury.edu) Phone: 417-873-7379
- Hastafisio - First level functional rehabilitation center authorized by Regione Piemonte. Via Felice Sanguanini, 21, 14100 Asti AT, Italy
- Doug Schranck - Assistant Coach, Men's & Women's Swimming - Drury University 900 N Benton Ave. Springfield, MO 65802, USA. E-mail: [dschranck@drury.edu](mailto:dschranck@drury.edu), Phone: (417) 873-7293
- Charlyn Ingwerson - Comparative Literature/ Contemporary Middle Eastern Literature - Department of Languages and Literature. Director, English for Academic Purposes, Drury University 900 N Benton Ave. Springfield, MO 65802, USA. E-mail: [cingwerson@drury.edu](mailto:cingwerson@drury.edu) Phone: 417.873.6928

*Able to adapt to different situations, fast learner and motivated coach. Always trying to create the best environment that will help my athletes improving, putting together my experiences as an athlete, a student (psycho-pedagogic), as a coach, and staying updated on what's happening around me.*