

ROME CITY

SUMMER EXPERIENCE JULY 2024

7TH – 21ST July

Join Rome City professional academy this summer and combine top-level volleyball training with a once in a life-time experience in the capital of Italy: ROME!

This is a unique opportunity for both men and women players to attend an intensive 2-week training program with our professional coaching staff. Players will also experience all the incredible wonders Rome has to offer through our cultural and fun group activities.



14+

Age



Men & Women



Professional training

Enjoy Rome

Our mission is to provide you with the best experience on the field while immersing yourself into the unique Italian lifestyle. From the neighborhood of Trastevere to the magnificent history around the Colosseum and the Vatican, Rome has a lot to offer. The summer experience represents the perfect solution if you want to train at the highest level without giving up on your summer vacation!

Our offering

- Training 5 times a week
- Strength & Conditioning
- PRO coaching staff
- Gym sessions
- Location in the heart of Rome
- Full training gear kit
- Scholarship evaluation
- Cultural and Fun Group Activities



INSTITUTIONAL PARTNERS



Contact info: gscarpecci@romecityinstitute.com
romecityinstitute.com/summer-experience/

ROME CITY

REGISTER NOW if you are interested in:

- Preseason training
- Exploring Rome through volley
- Getting a taste of Rome City programs
- Accessing opportunities in Italy and in the US
- Experiencing our Methodology
- Being evaluated for scholarships

ABOUT US

The Rome City summer experience program is offered by Rome City Institute, the only Institution in Italy that offers specific programs for international student-athletes. We represent the main bridge between Italy and players from all over the world.

Our staff is composed of some of the most qualified and experienced professionals in the sports industry, and our mission is to develop the next generation of volleyball leaders.

OUR METHODOLOGY

Distinct from traditional training, the Methodology is rooted in ecological validity and deliberate practice aimed at inspiring players to become problem-solving leaders both on and off the pitch. Players adopting our methodology will benefit from cognitive, mechanical, psychological, technical, physiological and tactical development. Using this holistic approach, the Methodology aims to develop any player both individually and collectively to become a truly complete volleyball player.

COACHING STAFF



**FRANCESCO
CASTIGLIONE**
Volleyball Coordinator



**DJORDJE
NOVAKOVIC**
Head Coach



**MARCO
MONTINI**
Head of performance



**ANDREA
SICARDI**
Strength and
Conditioning Coach

