

# ROME CITY INSTITUTE

## SUMMER EXPERIENCE

JULY 6-20



ROME CITY  
INSTITUTE

14+

BOYS & GIRLS

## PRESENTATION

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## ROME CITY INSTITUTE

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# ROME CITY INSTITUTE

Rome City Institute is Italy's premier institution that uniquely blends international education with the opportunity to play competitive sports at a high level. We are dedicated to equipping our student-athletes with the skills, knowledge, and support needed to excel both academically and athletically, while experiencing the rich cultural tapestry of Rome, one of the world's most historic and dynamic cities.

# SUMMER EXPERIENCE

Join us in Rome this summer for an unparalleled volleyball experience with the Rome City Institute!

Immerse yourself in a program designed to elevate your volleyball skills to an elite level in Italy. Discover our professional sports academy while exploring the stunning city of Rome.

Get ready for an unforgettable summer of volleyball and adventure!



# WHAT'S INCLUDED

- Trainings from Monday through Friday
- Professional Coaches
- Strength & Conditioning / Gym Sessions
- Fun and Cultural Activities
- Accommodation & 3 Meals a Day
- Full Training Gear
- International Experience
- Exposure to Rome City Institute Coaches
- Rome City Tutors





# COACHING STAFF



**Djordje Novakovic**

Volleyball Head Coach



**Marco Montini**

Head of Performance



**Francesco Castiglione**

Volleyball Coordinator

And many more!

## FACILITIES

- Volleyball Court
- Beach Volleyball Court
- Gym
- Physio Room
- Rome City Lab
- Other Sports Facilities



## LIVE AT THE RCI PREP ACADEMY

Our Prep Academy, set in a peaceful, green oasis just outside Rome, is where players will stay throughout the program.

With comfortable dormitories, an auditorium, and recreational areas, the campus offers a welcoming environment for rest, learning, and personal growth. It's a home away from home where you can relax, connect with friends, and be part of a supportive community.

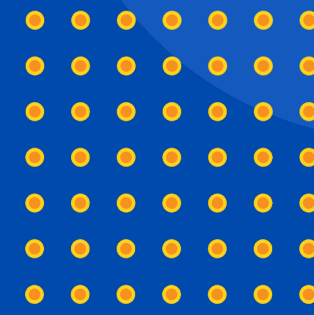
Our campus provides a safe and secure environment, with staff available 24/7 to assist players with anything they need.



# LIONS



## PERFORMANCE STAFF



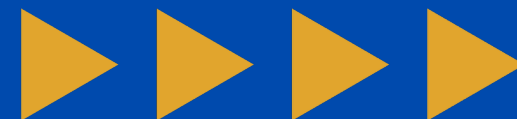
The Rome City Performance Area Staff is a qualified team of professionals dedicated to providing top-tier training and support. Comprising Italian National Team and Serie A experts, certified doctors, and specialized gym performance coaches, our staff brings a wealth of experience and expertise to every athlete



## ROME CITY GYM EMPOWERING YOUNG ATHLETES

Rome City Gym provides everything a young athlete needs to excel. With a dedicated drive zone, free weights, stationary bikes, resistance bands, a rack room, and top-notch equipment, our gym is designed to support elite performance and growth.

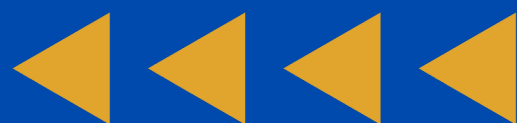
With access to specialized equipment and training programs, athletes can build strength, improve endurance, and refine their skills.



## RECOVERY & INJURY MANAGEMENT

Our experience staff is dedicated to supporting athletes in injury recovery and management

With expertise in sports medicine, we provide personalized care and tailored recovery programs to help athletes heal safely and return to peak performance.





# DISCOVER ROME THE ETERNAL CITY

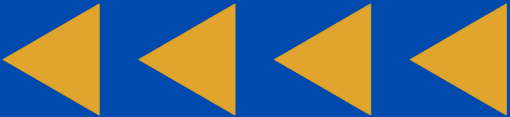
With your camp experience, you'll have the chance to enjoy chaperoned, off-campus excursions to some of Rome's most iconic landmarks. Options may include visits to historic sites like the Colosseum, Vatican, Trevi Fountain, and Pantheon, as well as relaxing beach excursions along Italy's beautiful coast.

These trips offer an exciting way for the players to dive into Italian culture, connecting with local people, experiencing historic architecture, and immersing themselves in the vibrant atmosphere of Rome.



## YOUR FUTURE STARTS HERE

The Summer Experience at Rome City Institute offers an opportunity to be recruited by our coaches. Over the two weeks, you'll have the chance to showcase your skills and make an impression, as our staff evaluates players for potential future enrollment. It's a great way to demonstrate your talent and take the next step in your development.



## ROME CITY INSTITUTE

### SUMMER EXPERIENCE

JULY 6 - JULY 20  
2026

#### WITH ACCOMODATION & MEALS

- ✓ 1 week – EUR 2,890
- ✓ 2 weeks – EUR 4,390

\*Mandatory if traveling without parents

\*\*Airfare not included

#### WITHOUT ACCOMODATION & MEALS

- ✓ 1 week – EUR 2,000
- ✓ 2 weeks – EUR 3,000

\*Option available If traveling with a parent  
\*\*Airfare not included

## JOIN US NOW

### CONTACT

cbernardis@romecityinstitute.com

### APPLY ONLINE

<https://www.romecityinstitute.com/summer-experience/>

