

## PERSONAL DATA

Date of Birth: Nationality: Languages: Interests: Address : Mobile: E-mail:

## EDUCATION

### ***Curriculum Vitae***

28 May 1979

Italian

Italian / English / French

Kitesurfing, Judo

Via L. Salvatori 42, 55049 Viareggio (LU), Italy +39 389 1783076

andreafox79@yahoo.it

## **Andrea Ferrari**

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- - Degree in Motor Sciences at University of Florence (dissertation in psycho-physical preparation of F1 drivers)
  - - Master's program at University of Pisa in Clinical Posturology (dissertation: - Posturological applications in high-performance-sport F1)
  - - Student in Osteopathy at Osteopathy School *Siotema*
  - - Course in Tecar Therapy
  - - Course in Kinesiology Taping
  - - Course in Sport Massage
  - - Lifeguard Certification - Swimming teacher Certification
  - - Course B.I.I.O. for planning strength trainings

- Course raw training strength specialist
- Master Elav, clinical exercise specialist certification:
- Course cardiology and pneumology
- Course diabetes and obesity
- Course oncology and adapted training
- Course hiit expert , Migliaccio academy
- Course training expert, Migliaccio academy
- Course power expert, Migliaccio academy
- Course sport nutrition, Migliaccio academy
- - P.A.D.I. Open water certificate

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## EMPLOYMENT HISTORY

- 2018: personal trainer for Charles Leclerc, F1 Alfa Romeo Sauber
- 2015 Team trainer for Scuderia Ferrari F1  
*2010- (ongoing):* sport trainer, workout planner and on-track assistance for drivers at *Ferrari Driver Academy*;  
*2013-2014:* personal trainer and on-track assistance for Jules Bianchi (Marussia, F1);  
*2014:* sport trainer for drivers at Florida Winter series by FDA  
*2013:* Workout planning for pit stop team of *Ferrari* (winner of the “pit stop championship”)
- *2012:* On-track assistance for Jules Bianchi (Force India, F1).
- *2012- (ongoing):* sport trainer of Viareggio Beach Soccer team; result: 2012 coppa italia, 2 place in series A, 2015 2 place in serie A; 2016 winner in Euro winners cup, champion series A and Coppa Italia

*2010:* Teacher of Training Methodology for the Personal Trainer Course, ACSI

2008-2010: Sport Trainer for Tennis club Italia Forte dei Marmi (Italian Champions). Personal trainer of tennis players Trusendi e Marrai (starting around 1300<sup>th</sup> position in ATP ranking and arriving to 218<sup>th</sup> and 250<sup>th</sup> position);

2009- (*ongoing*): on-track assistant during Rookie Test of F1 for Scuderia Ferrari;

2009: Lecturer on Nutrition and Stretching at driving courses for bodyguards of FIAT Group at Balocco Circuit;

2009: Lecturer of Psycho-Physical Stress at Malboro Red Racing School and Ferrari Driver Experience at Fiorano Circuit;

2009: sport trainer for ART gran prix in F3 championship 2008 (Drivers: Bianchi, Bottas, Gutierrez, Tambey);

2009: sport trainer and on-track assistance for Piquet in GP2 Asia (Bonanomi, Puglisi); 2009: on-track assistance at Spa 24 Hours;  
2008: Study and workout planning for pit stop team of Toro Rosso;  
2008: posturologist at “Centro attività Motorie Viareggio” (for University of Florence)

2008: sport trainer and on-track assistance for Formula Master Pro Drive Team; 2007-2008: sport trainer for Female Volley Team (A2) Biancoforno Santa Croce;

2007-2008: on-track assistance for Intrepid Go Kart team (and survey on correlation between effort and age);

2007-2008: Lecturer on Psycho-physical effort in driving at CSAI Course ;

2005-2009: Sport trainer and external activities manager, with 400 drivers (from all categories), more than 35 F1 drivers (including Robrt Kubica, Felipe Massa, Daniel Ricciardo, Jules Bianchi, Van Der Garde, Pic, Pastor Maldonado)

2000: Masseur for the professional cycling team “Fanini Amore e Vita”;

1999–2003: Sport trainer for Formula Medicine (medical practice for drivers).

Sport trainer for two Academies :Toyota Racing Development and Renault Driver Development

