




ALESSIO D'AMICO

Strength and Conditioning Coach

 **Email**
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 **Webpage**
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 **LinkedIn**
Alessio D'Amico



Education

Bachelor degree in Sport Science

2014–2017

Score: 110/110

University: University of Catania, Siciliae studium generale – Faculty of Sport Science

Thesis: Education methodology for graduates in sports sciences

Master degree in Sport Science

2017–2019

Score: 110/110 cum laude

University: Alma Mater Studiorum, University of Bologna – Faculty of Sciences and techniques of sports activities

Thesis: Mud Pack with Menthol and Arnica Montana accelerates recovery following a High-Volume Resistance training session for lower body in trained men

Professional experience

A.S.D. Doves Bologna American Football

2018–2023

Role: **Strength and Conditioning Coach**

Activities: planning and management of physical training in the gym and on the pitch for senior and youth american football teams.

A.S.D. Sempre Avanti

since 2018

Role: **Head Coach**

Activities: planning and management of physical training in the cross-training box.

Role: **Physical Trainer and Personal Trainer**

Activities: personal and gym trainer

A.S.D. Acquadela

2021–2023

Role: **Strength Coach**

Activities: planning and management of physical training in the gym for competitive athletes.

FIH – Italian Hockey Federation

since 2022

Role: **Head of Strength and Conditioning Coach**

Activities: management of physical training on the pitch and in the gym for

- Male Senior Field Hockey National Italian Team (Pool B)
- Female Senior Field Hockey National Italian Team (Pool A)
- Male U18 Field Hockey National Italian Team (Pool A)
- Female U18 Field Hockey National Italian Team (Pool B)

A.S.D. Hockey Team Bologna

since 2022

Role: **Strength and Conditioning Coach**

Activities: planning and management of physical training on the pitch and in the gym for

- Male and Female Senior Field Hockey Team (A1 Italian League, Elite)

Sport Education Tennis

since Nov 2024

Role: **Strength and Conditioning Coach**

Activities: planning and management of physical training on the pitch and in the gym

Alma Mater Studiorum Bologna – UNIBO

since Mar 2026

Role: **Lecturer**

Activities: Practice Lessons of TMA (Teoria e Metodologia dell'allenamento) for L-22 Sport Science

Strength and Conditioning Consultant for

Betty Vuk, Judo

Absolute Italian champion -78kg (2022, 2025)

Bronze medal at European Judo Championships Under 23, Malaga (10/2022)

National university champion -78kg (2022, 2023, 2024)

European University champion -78kg (2023, 2024, 2025)

Marco Moretto, Field Hockey Player

Italian National Team player

DH Belgium Player

Nicolò Scaglia, American Football Quarterback

Italian Second Division champion, Modena (2021)

Convocation Blue Team (Italian National American Football Senior Team)

Invitation American Football College Team at the Southern Virginia University

FILFIT, Fitness and Nutrition Company

Best StartUp Unibo 2020

Best well-established StartUp Unibo 2021

Best well-established StartUp Unicredit Awards 2021

International Sport Competition

- **European EuroHockey Qualification Pool B** with Male Senior Field Hockey National Italian Team, Vienna - August 2022 (2° Place)
- **Nations Cup Pool A** with Female Senior Field Hockey National Italian Team, Valencia - December 2022 (5° Place)
- **FIH Olympic Qualifiers** with Female Senior Field Hockey National Italian Team, Ranchi, India - Genaury 2024 (6° Place)
- **Eurohockey Championship II** with Male Senior Field Hockey Italian National Team, Lousada, Portugal - July-August 2025 (4° Place)

Publications

Published in journal:

- Bartolomei S., Nigro F., D'Amico A., Cortesi M., Di Michele R. (2020). **Mud Pack with Menthol and Arnica Montana accelerates recovery following a High-Volume Resistance training session for lower body in trained men.** Journal of Stregth and Conditioning Research, 36(7): 1909-1915. DOI: <http://dx.doi.org/10.1519/JSC.0000000000003751>
- Bartolomei S., D'Amico A., Treno F., Cortesi M., Pagliara S., Mignardi S. (2023). **Influences of sex on muscle quality and performance in Elite Field Hockey Players.** International Journal of Environmental Research and Public Health. DOI: <https://doi.org/10.3390/app13201314>
- Nigro F., Bartolomei S., D'Amico A., Ciacci S., Di Michele R., Coloretti V., Cortesi M. (2025). **A Comparison Between Italian Division I and College American Football Players in the NFL Combine Test Battery.** J. Funct. Morphol. Kinesiol. 2025, 10, 8. DOI: <https://doi.org/10.3390/jfmk10010008>

Awards

Presenting author at **SISMES** 2019, Bologna - **Best Oral Poster Presentation**

Certifications

Coach **Flag Football** 1° level, 2020

BLSD certification

Coach **APO** (Allenatore Pesistica Olimpica) 1° level **FIPE**, 2024



Bologna, 12/03/2026



ALESSIO D'AMICO
S.&C. COACH