

SHOCK TEAM

Shock Team / DDS Professional Squad Scholarship for Supported Australian Athletes

HISTORY

For many years now, TA Performance Coach accredited and Shock Team manager Fabrizio Andreoni exchanged athletes between Italy and Australia, giving the opportunity to some talented Australian and Italian athletes to come to Italy and in Australia and experience training and racing overseas while supported.

Some of Australian past scholarship athletes were: Caleb Noble., Nathan Rodgers, Conor Sproule, Matilda Terry, Damon Boag, Matthew Goessler, Tim Fitzpatric, Sam Lade, Jonney Sammut, Troy Whittington and more. Also athletes that recently joined in Italy the Shock Team /DDS Professional Squad as Race Ambassador were, Adam Rudgley, Liam Sproule and Kenji Nener.



Fabrizio Andreoni founder and manager of Shock Team Squad and Interactive Coaching. Fabrizio 'Fab' is a performance sports coach accredited in Australia and Italy with more than 20 years of professional experience in the field of exercise physiology. Fab has successfully worked with developing juniors, performance age groupers/masters, world ranking professionals and para world champions.

SHOCK TEAM (ST): Founded in 2003 with the aim of creating a training group of athletes sharing the passion of triathlon. The team philosophy is to amalgamate athletes regardless of their nationality, club affiliations, level of fitness and their training/coaching environments.

Dimensione Dello Sport (DDS) is one of the most rewarded and organised professional triathlon teams in Italy including athletes that have represented at the Olympic Games:

Silvia Gimignani ITA: Sydney 2000 & Athene 2004

Daniel Fontana ARG – ITA: Athene 2004 & Beijing 2008

Luciano Taccone ARG: Rio 2016

Matea Simic SLO: Rio 2016

Annamaria Mazzetti ITA: Rio 2016

Alex Yee GB, Kanji Nener JPN & Romina Biagioli ARG: Tokyo 2020

YOU ?????? : Paris (FRA) 2024

YOU ?????? : Los Angeles (USA) 2028

YOU ?????? : Brisbane (AUS) 2032

Fabrizio Andreoni
Triathlon Australia (TA) Performance Coach
Australian Sports Commission Accredited
Shock Team Racing Squad Manager
2020 Paralympic Games TA Team Member
2018 Commonwealth Games TA Team Member



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DRAFT of the Performance athletes in the 2022 DDS Squad:

[DDS-7MP Triathlon Team \(@ddstriathlonofficial\)](#) • Instagram photos and videos

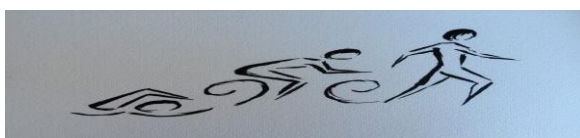
Daniel Fontana 🇮🇹 🇮🇹 Olympic Athene 2004 & Beijing 2008 DDS Squad Captain & Multi Times Long Course Champion Athlete Profile: Daniel Fontana — World Triathlon	Silvia Gimignani 🇮🇹 🇮🇹 Olympic Sydney & Athene 2004 DDS Squad Female Captain Athlete Profile: Silvia Gimignani — World Triathlon
Sarzilla Michele 🇮🇹 🇮🇹 currently 49 th World Ranking 2022 Athlete Profile: Michele Sarzilla — World Triathlon	Seregni Bianca 🇮🇹 🇮🇹 currently 57 th World Ranking 2022 Under 23 Athlete Profile: Bianca Seregni — World Triathlon
Ivan Risti 🇮🇹 🇮🇹 Long Course Athlete Profile: Ivan Risti — World Triathlon	Eva Serena 🇮🇹 🇮🇹 Long Course Athlete Profile: Eva Serena — World Triathlon
Stefano Micotti 🇮🇹 🇮🇹 European Cup athlete Athlete Profile: Stefano Micotti — World Triathlon	Hagar Cohen Kalif 🇮🇹 🇮🇹 currently 445 th World Ranking 2022 Under 23 Athlete Profile: Hagar Cohen Kalif — World Triathlon
Alessandro Mellone, Lorenzo Gerolin 🇮🇹 🇮🇹 Under 19 Federico Zamo & Pietro Parisi 🇮🇹 🇮🇹 Under 23	Beatrice Taverna 🇮🇹 🇮🇹 currently 536 th World Ranking 2022 Athlete Profile: Beatrice Taverna — World Triathlon
Gaspar Riveros 🇮🇹 🇮🇹 currently 93 rd World Ranking 2022 Athlete Profile: Gaspar Riveros — World Triathlon	Aurelia Bellaviti 🇮🇹 🇮🇹 European Cup athlete Under 19
Jeff Cook 🇮🇹 🇮🇹 European Cup athlete	3 European Cup 🇮🇹 🇮🇹 athletes
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SCHOLARSHIP GUIDELINES OVERVIEW

Every year DDS selected athletes meet for training from May and finishes at the end of October. Normally the overseas athletes join the DDS Professional Squad from **May/June** to the end of September with the extension of October if they wish. The minimal length of the period is **2 months (8-9 weeks)** and can be different for each athlete and has to be agreed by both parties (athlete and DDS) before the scholarship.

If TA triathletes are interested in training and racing supported by an Italian squad, take the opportunity to apply for one of the **Shock Team / DDS Italian Scholarship**. These scholarships are supported by:

Shock Team/Fab4Fitness, Italian Campaign Manager Fabrizio Andreoni and Dimensione Dello Sport (DDS) Triathlon Club.

For this coming Italian Triathlon season, DDS General Manager Luca Sacchi (Olympic medallist in swimming) and DDS High Performance Head Coach, Simone Diamantini are working on building a big and strong group of young athletes to represent the DDS in the domestic racing season and to train and guide with example and attitude the DDS Italian young athletes. If for further information is needed, please contact the Italian Campaign Manager for the Australian athletes, Fabrizio Andreoni by phone or email. If it is your first time with the Shock Team / DDS squad, please feel free to contact past Australian athletes that have received similar scholarships. You can contact them through the Shock Team-Fab Facebook.

Overall it was a great experience. Something I think that introduces you to a whole range of training and racing opportunities. You experience training full time like a professional, as just about all the athletes who train with DDS are elite/pro. The training each day will challenge and test your mind and body more than you imagine. The only negative aspect for me was just an individual thing I think. It is hard to explain, but for many of the DDS athletes, triathlon is their full time job, so there is a lot of gossip and talk about other athletes due to having quite a bit of spare time...but I think you would avoid any type of negative experiences with the other athletes if you always think before you act. If you are looking to better yourself as an athlete both mentally and physically, then I will say go for it. It really is a great opportunity! **Former Scholarship Athlete.**

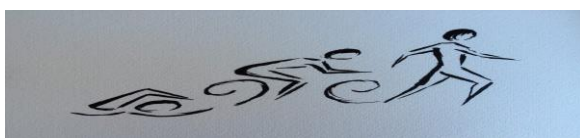
The Shock Team/DDS scholarship was for me an opportunity that I would have not been able to have in Australia and I believe that the overall experience is one that I will remember for the rest of my life and I will always speak highly of the coaches and the athletes for giving me this wonderful opportunity. It's a learning curve for not just being a better athlete and experiencing high class training, but to also develop new friendships, life skills and experience a new culture, lifestyle and language. I enjoyed living in an environment that had many different countries within and sharing rooms with like-minded people helped make my experience enjoyable. I think that living with the Italian athletes and other countries was a necessity for us to make new friends and be exposed to different languages, opinions and knowledge. The location of our living quarters was perfect and I loved being able to walk to swimming or simply ride into Milan or to the train stations. Having the extra bikes from DDS allowed us to commute a lot easier (without using our good race bikes). The race variability was picked well and gave us the experience of many different levels in triathlon, the distances and the areas of Italy. Luca (DDS Chief Executive Officer) and Simone (DDS Head Coach) were always supportive of what the athletes wanted to do. **Former Scholarship Athlete.**

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Supported Scholarship - Athlete Package:

- **FREE** coaching services and advice.
- **FREE** access to training venues.
- **FREE** usage of all the DDS training facilities such as swimming pool, running track and gymnasium.
- **FREE** entry to all races selected by the DDS Professional Squad. Athletes race an average of 2 to 3 races per month.



- **FREE** transport and accommodation for all the away races selected by the DDS Professional Squad.
- **FREE** nutritional supplements ENERVIT for all the away races selected by the DDS Professional Squad.
- **FREE** DDS race-suit (Body Gara) uniforms. To be wear to every DDS selected races.
- **FREE** DDS cycle jersey and cycle bib.
- **FREE** DDS t-shirt
- **FREE** doctor services.
- Meso-physio therapist (sport masseur) or Physiotherapy/Osteopath services at DDS athlete costs.
- **Prize Money** Any prize money won by the athlete in any races including races selected by the DDS team is for the athlete to keep in full.



ALTITUDE TRAINING

CAMP: The invitational camp is annually held for 2 to 3 weeks in August. To DDS selected athletes the camp is partially subsidy to help in reducing the camp costs.



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ACCREDITED
PERFORMANCE
COACH

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Selected Athletes Commitments and Responsibilities

- Embrace the value of the scholarship: **Honesty – Belonging – Accountability – Respect – Trust – Empathy.**
- Commit to a minimal length of the period of **9 weeks (2 months) between** May and October.
- Nominate Fabrizio Andreoni as your Italian Campaign Manager (ICM). This is the only way for your ICM to interact on your behalf with the DDS Professional Squad to address any issues to avoid direct athlete requests to DDS staff.
- Athletes have to pay the Italian Campaign Manager service's fee.
- Athletes have to provide at the arrival their own transport to and from the DDS Headquarters.
- Athletes have to provide their own accommodation. **On requests, athletes can apply for one of the DDS athletes share accommodation. In this case each athletes share the accommodation expenses.**
- Athletes have to provide their day-to-day meals.
- For races not selected by DDS, athletes are responsible for all the costs.
- You are responsible for providing all the training and racing equipment required during your entire period in Italy. As well as responsible for your equipment condition, maintenance and readiness status, particularly regarding bikes.
- The use of Online Training Peaks diary account it is requested to be able to be connect you with your Coach/s on daily bases during your period at the DDS. This is the way where you will be advised daily on the training sessions/programs and last-minute communications.

Training

Training: The team generally trains 3 to 4 sessions per day, Monday to Friday, one session on Saturday and race or time off on Sunday. The sessions can be in squad/group or as individual and can be coached or self-coached. You are not required to train in all the sessions daily and weekly. You will train in accordance with your ability, needs, expectations and commitments.

Before you commit yourself to apply for one of the Shock Team / DDS Italian Scholarships, I strongly suggest you honesty answer the following questions: Are you coachable? Are you always on time? Are you dedicated in training in a high achievement working squad?

i.e. Past Training Week Schedule:

DDS Professional Squad **Weekly Training Schedule**
Settimo Milanese/Milano (Central North Italy)

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Pool Swim	Pool Swim	Pool Swim	Pool Swim	Pool Swim	Pool Swim	Easy Bike
Mid Morning	Gym S&C Body Maintenance		Easy Bike	Gym S&C Body Maintenance		Long Bike	Aerobic Run
Afternoon	Easy Bike	Strength Tempo Bike	Track Run	Criterium Bike	Long Run		
Early Evening	Easy Run	Easy Run		Easy Run			Open Water Swim

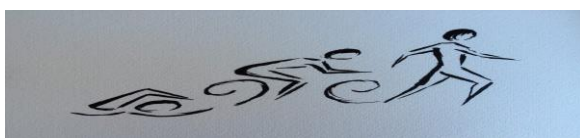


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Racing

Races: In Italy, almost every race has mass starts including all categories such as elite, junior, and age grouper. In other words, one mass start for male and one mass start for female.

- In any races in which you are officially selected to compete, the TEAM will cover your race entry, your accommodation and travel expenses and in some cases your meals. All the transport will depart from and return to the DDS Headquarters in a DDS Squad provided vehicle/s.
- If you would like to race for DDS, you have to let your Italian Campaign Manager know ASAP about what weekend you could be interested in racing for DDS so he can negotiate these date/s with DDS.
- Events where you could be selected to race are: ITA Grand Prix events – International events held in Italy - Italian National ranking series and any other Italian races nominated by the DDS Squad's sponsors. Some of non-DDS selected races that you could be interested in racing during your period with DDS, could be: France Grand Prix events, ITU races, ETU Continental Cup events, Off-Road Tri, Long Course.
- **IMPORTANT:** Please note that this year Italy will host an **Italian ITU World Cup Sprint Triathlon Event**. If you intend to enter in this event you have to enter through Triathlon Australia and cover all the expenses. However you could join some of the DDS Squad ITU ranked athletes to share some costs. Let you Italian Campaign Manager know, ASAP, your intention to race in this event in order to facilitate your transport and accommodation with some of the DDS athletes.
- The first important race where you could be invited by DDS in representing the team is on the second weekend in June, the Bardolino International Standard Distance Triathlon event near Verona. It is the equivalent of the Open/Elite event in Noosa or Mooloolaba here in Australia. In the past, Jan Rehula, former TA National Talent Academy (NTA) Victorian Coach, won this event. It is not an ITU point event but it is a drafting allowed event.



Shock Team / DDS Italian Scholarships Athletes have a good record in Bardolino International Standard Distance Triathlon.

2014 OA Male 13th Caleb Noble (1st U20).

2015 OA Male 17th Nathan Rodgers (1st U20), 26th Conor Sproule (3rd U20), OA Female 23rd Tilly Terry (1st FU20).

2016 OA Male 5th Adan Rudgley (3rd U23), 23rd Matthew Goessler.

2017 OA Male 11th Kenji Nener, 20th Liam Sproule (2nd U20), 28th Sam Lade.

2018 OA Female: 1st Alessia Orla.

2019 OA Female: 3rd Liusa Logna-Prat, 5th Alessia Orla, 11th Beatrice Taverna. OA Male: 10th Troy Whittington (3rd U20), 13th Adam Ridgley.

2020 Cancelled. **2021** Cancelled. **2022** 19 June YOU!.

[Italian Triathlon Federation \(FITRI\) Race Calendar](#) [World Triathlon Events Race Calendar](#)

[The first DDS selected races in June and July:](#)

4 June Sprint Triathlon Marina di Massa (**Fab's Home Town**) and 11 June Standard Triathlon Bardolino

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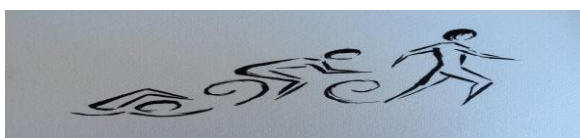


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Headquarters - Facility & Training Venues

DDS Headquarters:

The Dimensione Dello Sport (DDS) Sport Complex - Settimo Milanese, Italy is the Headquarters (HQ) of the DDS Professional Squad. Settimo Milanese just outside the city of Milano in central north Italy. Settimo Milanese is also the accommodation suburb for the team. Here is the Google map of the [DDS Headquarters](#).

Swim: 25m Indoor Swimming pool 25m and 50m Outdoor pool (from 15 June) – Coached weekly sessions only in the mornings: Monday and Thursday at 7.00am to 8.30am - Tuesday/ Wednesday and Friday 8.00am to 9.30am - Saturday 7.45am to 9.15am. Open Water Swimming: one session per week.

Track Run complex is located at 5 km from the HQ available on Wednesdays.

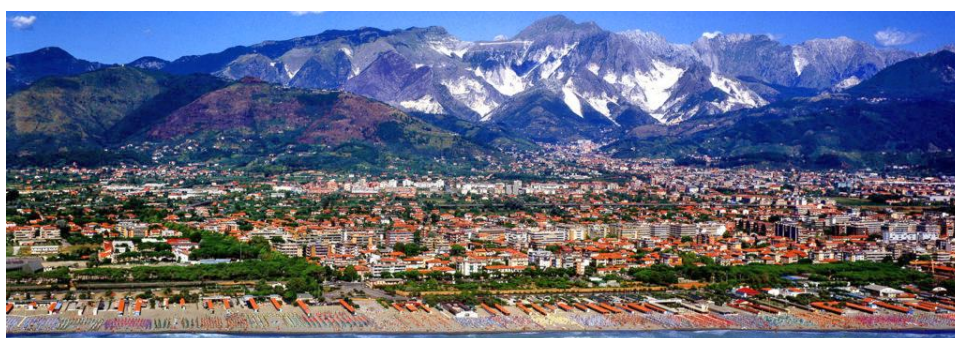
Secured bike storage is available at the DDS Sport Complex.

Mini Bus: A DDS Squad vehicle (9-seater mini bus) plus other rental mini busses will be available for transporting athletes and equipment to away race venues. All the transport will depart from and return to the DDS Headquarters.



Fabrizio Andreoni & Shock Team Headquarters:

Australian Athlete Italian Campaign Manager is located on the north coast of the Tuscany Region in a coastal area called Versilia. Versilia is the Gold Coast of Tuscany. The town is called Marina di Massa. Often Shock Team /DDS athletes come and visit this area on their free weekends and/or for the holiday/camp in the first week of August. Here more images of [Marina di Massa](#) Here is the Google map of the [Fabrizio's and Shock Team's Headquarters](#):

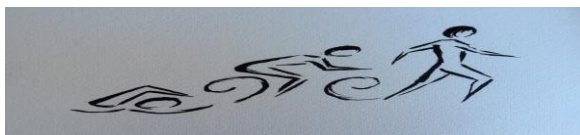


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Italian Campaign Manager's - Services and Scholarship Application Fee:

The DDS Professional Squad appointed Fabrizio Andreoni as Italian Campaign Manager for the endorsement of Australian new, past and unknown athletes.

The Italian Campaign Manager will liaise with the DDS staff/squad on your behalf in situations such as:
You an athlete like to have some time off.

You an athlete like to race in different events not selected by the DDS staff.

You an athlete do not want to race in some DDS selected races.

You an athlete have issues with coaches, staff or other team members and more

Each athlete after successfully been accepted for the [Supported Australian Athletes Scholarship](#) has to pay a fixed fee of **AUS \$200** to cover the athlete profile set up and scholarship application administration fee and the Italian Campaign Manager services. The fee includes: ongoing consultation, Athlete/Coaches management and 24/7 Athlete/Manager interaction while in Italy and more.

This fee will be paid in full with the acceptance of the scholarship and is not refundable, including for medical, or if removed for ethics or behaviour circumstances.



Travel

All the athletes have to pay their own day to day travel expenses as well as the costs for travel from the home location (Australia) to the DDS Headquarters in Italy. The destination airport in Italy is Milano Malpensa then to DDS Headquarters in Settimo Milanese via 40 mins subway/tram.

If you pre-organise your arrival in advance through your Italian Campaign Manager, your transport from the Milano Malpensa airport to the DDS's HQ could be organised and you could be picked by one of the DDS members. In this case, you have to let your Italian Campaign Manager know ASAP your full flight details.

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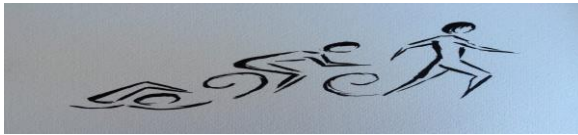


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Accommodation Option

Athletes have to organise their own accommodation privately or share accommodation with other athletes in any area they wish. Athletes are NOT obligated to stay in the DDS HQ accommodation. Strongly suggested is in and are close to the DDS's HQ to ensure that the travel time to training venues does not effect's your training punctuality.

However, in the case you would like to share one of the DDS athletes commercial rented accommodation, these accommodations are located a short cycling distance from the DDS headquarters and training facilities. These accommodation ranges from apartment, lodge or university accommodation with max two athletes per room. A small fee for each athlete will be charged to caver the use of the accommodation, electricity, water, gas, corporate building fee and rubbish collection etc.

Athletes, that choose to stay in DDS provided accommodation, have to pay the full accommodation fee for the booked period (minimum 9 weeks or 2 months) in full with the acceptance of the scholarship as proof of the acceptance of the scholarship.

The rental of commercial DDS accommodation is very limited. Priority is given to athletes choosing a longer period.

The monthly cost of the rent per person in a share accommodation apartment will be confirmed soon. We are expecting that the cost will be similar to the past years: **around AUS \$250 per week** (the fees are all in AUS Dollars and could change as based on last year costs)

These rates are quite acceptable based on normal area accommodation costs.

The rent is not refundable, including for medical or if removed for ethics or behaviour circumstances.

Scholarship Application

If you intend to apply for this scholarship, you have to:

1. Advise Fabrizio of your intention to apply for the **Supported Scholarship** by read and agree with your signature to the **Athlete Agreement** document.

Signature:

2. Choose the intended length of stay with the DDS Team by advising Fabrizio of your preferred arrival to the DDS HQ and the departure period. Remember the minimum period is of 3 months.

Arrive date at the DDSHQ:

Departure date from the DDSHQ:

3. Advise if you would like to rent and share one of the DDS accommodations. The available rental period is from 15 May to the end of October.

Interested in a DDS commercial accommodation: YES NO

*Remember the minimum period is of 2 months. If your period includes few more weeks, the rentals will be adjusted accordantly. Priority is given to athletes committed for the longest period.

** All the fees will be paid in full as proof of the acceptance of the scholarship and is not refundable, including for medical, or if removed for ethics or behaviour circumstances.

4. Sent a brief sport curriculum of you to Fabrizio via email.

After receiving your scholarship application, Fabrizio will send your application to DDS and if successfully, you will receive a comprehensive document and instruction for you to compile the application. If you apply for a DDS Commercial accommodation, you will be receiving the final cost of your share for a DDS commercial accommodation.

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