

EUROPEAN CURRICULUM VITAE

ENRICO DI CIOLO

Fencing Master | High-Performance Coach | Strength & Conditioning Coach

PROFESSIONAL EXPERIENCE - CLUBS AND INDIVIDUAL ATHLETES

1 July 2006 - present

Fencing Master and Strength & Conditioning Coach

Employer: Club Scherma Pisa Antonio Di Ciolo, Via Galiani snc, 56123 Pisa, Italy

Sector: Amateur sports association; children, youth and elite athletes

Position: Fencing Master and Strength & Conditioning Coach

Responsibilities: Head of the competitive youth and senior programmes.

From 1 September 2022

Fencing Master and Strength & Conditioning Coach

Employer: Akseli Heinämaa and Eva Hautala

Sector: Epee

Position: Personal Fencing Coach

Responsibilities: Specialised fencing sessions, physical preparation and competition support at World Cups, European Championships, World Championships and Olympic-level events.

1 September 1994 - 30
June 2006

Fencing Master and Strength & Conditioning Coach

Employer: U.S. Pisascherma, Largo Zavallo, Pisa, Italy

Sector: Amateur sports association

Position: Fencing Master

Responsibilities: Head of the competitive programme.

2 December 1987 - 30
June 1994

Fencing Master and Strength & Conditioning Coach

Employer: C.U.S. Pisa, Via Napoli, Pisa, Italy

Sector: University sports promotion organisation

Position: Fencing Master

Responsibilities: Responsible for promoting university sport and for the competitive fencing programme.

September 1985 -
November 1986

Assistant Fencing Instructor

Employer: FF.OO., Rome, Italy

Sector: Sports association

Position: Assistant Instructor

Responsibilities: Supported the club's Fencing Masters in training activities.

PROFESSIONAL EXPERIENCE - NATIONAL TEAMS

- 1 February 2025 - present** **Finnish National Fencing Team Coach**
Employer: Finnish Fencing Federation
Sector: Epee technical programme
Position: Men's National Team Coach
Responsibilities: Competition coaching and delegation support at World Cups, the U23 European Championships, the European Championships and the World Championships.
- 1 September 2021 - 2024** **Italian National Fencing Team Coach**
Employer: Italian Fencing Federation, Viale Tiziano 74, 00196 Rome, Italy
Sector: Epee technical programme
Position: Head Fencing Master, Italian Men's Olympic Team
Responsibilities: Coaching during specialised training sessions; oversight of physical preparation; and competition support at World Cups, European Championships, World Championships and the Paris 2024 Olympic Games.
- 1 September 1994 - 2021** **Italian National Fencing Team Coach**
Employer: Italian Fencing Federation, Viale Tiziano 74, 00196 Rome, Italy
Sector: Epee, foil and sabre technical programmes
Position: National youth and senior team staff Fencing Master
1. 2012-2020: specialised national-team training sessions and international competition support.
 2. 2009-2012, epee: national-team staff Fencing Master and lead for the men's team; World Cup, European Championship and World Championship support.
 3. 2004-2008, foil and epee: lead for physical preparation; World Cup, European Championship, World Championship and Beijing 2008 Olympic support.
 4. 1 September 2003 - 2 July 2004, foil: lead for physical preparation; World Cup, European Championship, World Championship and Athens 2004 Olympic support.
 5. September 2001 - June 2003, sabre: lead for physical preparation; World Cup, European Championship and World Championship support.
 6. September 1997 - July 2000, epee: senior-team Fencing Master and physical trainer for the Sydney 2000 Olympic team.
 7. July 1994 - July 2000, epee: head Fencing Master for the women's epee youth team and lead for physical preparation.

ELITE ATHLETES TRAINED

PHYSICAL PREPARATION	FENCING MASTER
World Championships - 1989-1991 1989 Alessandro Puccini; 1990 Alessandro Puccini; 1991 Alessandro Puccini.	World Championships - 1997-2000 1997 Margherita Zalaffi; 1998 Margherita Zalaffi, Ilaria Bianco; 1999 Margherita Zalaffi, Ilaria Bianco; 2000 Ilaria Bianco.
Olympic Games - 1992 Alessandro Puccini.	Olympic Games - 2000 Margherita Zalaffi.
World Championships - 1993-1995 1993 Alessandro Puccini; 1994 Alessandro Puccini; 1995 Alessandro Puccini.	World Championships - 2001 Margherita Zalaffi, Francesco Martinelli, Veronica Rossi, Ilaria Bianco, Frida Scarpa.
Olympic Games - 1996 Alessandro Puccini.	World Championships - 2002-2003 2002 Margherita Zalaffi, Francesco Martinelli, Veronica Rossi, Ilaria Bianco; 2003 Margherita Zalaffi, Francesco Martinelli, Veronica Rossi, Ilaria Bianco.
World Championships - 1997-1999 1997 Alessandro Puccini, Margherita Zalaffi; 1998 Alessandro Puccini, Salvatore Sanzo, Margherita Zalaffi; 1999 Alessandro Puccini, Salvatore Sanzo.	World Championships - 2007-2012 2007 Francesco Martinelli; 2009 Francesco Martinelli; 2010 Francesco Martinelli; 2011 Alessandro Michon, Joshua Koh; 2012 Francesco Martinelli, Matthew Trager.
Olympic Games - 2000 Salvatore Sanzo.	World Championships - 2018-2019 2018 Gabriele Cimini; 2019 Gabriele Cimini.
World Championships - 2001-2003 2001 Salvatore Sanzo; 2002 Salvatore Sanzo, Simone Vanni; 2003 Salvatore Sanzo, Simone Vanni.	Tokyo 2020 Olympic Games Gabriele Cimini.
Olympic Games - 2004 Salvatore Sanzo, Simone Vanni.	World Championships - 2022-2023 2022 Gabriele Cimini; 2023 Gabriele Cimini, Akseli Heinämaa.
World Championships - 2005-2007 2005 Salvatore Sanzo, Simone Vanni; 2006 Salvatore Sanzo; 2007 Salvatore Sanzo.	Paris 2024 Olympic Games Gabriele Cimini.
Olympic Games - 2008 Salvatore Sanzo, Javier Menendez.	World Championships - 2025 Akseli Heinämaa.

PROFESSIONAL QUALIFICATIONS

1 September 2011 - 1 December 2012	CONI SNaQ Level IV Technical Qualification <i>CONI School of Sport, Rome</i> Multimedia and multidisciplinary programme for Technical Directors: six week-long modules totalling 336 hours of theoretical and practical instruction in training methodology, teaching methodology and group management. Qualification: CONI SNaQ Level IV Technician
2 June 1991	Fencing Master Qualification <i>National Fencing Academy, Naples</i> History, theory, technique, methodology and teaching practice. Qualification: Fencing Master; CONI SNaQ Level III
1 September - 1 October 1988	Youth Instructor Course (I.E.I.) <i>CONI Provincial Committee of Pisa</i> Thirty-hour theoretical and practical course covering basic anatomy, biology and training methodology. Qualification: C.A.S. Instructor Diploma (Sports Initiation Centres)

ACADEMIC EDUCATION

22 March 1994	Diploma in Physical Education <i>Higher Institute of Physical Education</i> Thesis: Fencing for People with Disabilities. Final grade: 104/110. The qualification is nationally recognised as equivalent to a first-cycle university degree. Qualification: Diploma in Physical Education
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TECHNICAL AND COACH EDUCATION

November 1986 - July 2021	Mentorship under Maestro Antonio Di Ciolo <i>Foil, epee and sabre</i> Teaching methodology, training methodology, technique and technology.
September 2020 - present	Technical Training under Maestro Stephane Jouve <i>Epee; Epinal, France</i> Technical and technological development in epee.
September 1994 - 2009	Technical Training under Maestro Pietro Gnisci <i>Epee; Pisa, Italy</i> Practical work during national-team training camps and coaching seminars.
September 2001 - June 2003	Technical Training under Maestro Christian Bauer <i>Sabre</i> Practical and theoretical sabre coaching work during national-team training camps.
1972 - 1988	Athlete Development under Head Maestro Antonio Di Ciolo <i>Foil and sabre</i> Foil from 1972 to 1975; sabre and foil from 1976 to 1988.

HIGH-PERFORMANCE COACHING EXPERIENCE

Olympic Games - Italian National Team

8. Sydney 2000: Head of physical preparation for the foil and epee teams.
9. Athens 2004: Fencing Master and Head of physical preparation for the foil teams.
10. Beijing 2008: Fencing Master for the men's epee team and Head of physical preparation for the foil teams.
11. Paris 2024: Head Fencing Master for the men's epee team.

Athletes Prepared for the Olympic Games

12. Physical trainer - Barcelona 1992: Alessandro Puccini.
13. Physical trainer - Atlanta 1996: Alessandro Puccini.
14. Physical trainer - Sydney 2000: Salvatore Sanzo and Margherita Zalaffi.
15. Physical trainer - Athens 2004: Salvatore Sanzo and Simone Vanni.
16. Physical trainer - Beijing 2008: Salvatore Sanzo and Javier Menendez.
17. Fencing Master - Rio de Janeiro 2016: Paolo Pizzo.
18. Fencing Master - Tokyo 2020 (held in 2021): Gabriele Cimini.
19. Fencing Master - Paris 2024: Gabriele Cimini.

Senior World Championships as a National Team Fencing Master

20. 2002, Lisbon, Portugal - Italian men's and women's sabre teams.
21. 2003, Havana, Cuba - Italian men's and women's epee teams.
22. 2006, Turin, Italy - Italian men's and women's epee teams.
23. 2007, St Petersburg, Russia - Italian men's and women's epee teams.
24. 2009, Antalya, Turkey - Italian men's and women's epee teams.
25. 2010, Paris, France - Italian men's and women's epee teams.
26. 2011 - Italian men's and women's epee teams.
27. 2014 - Italian men's and women's epee teams.
28. 2019 - Italian men's and women's epee teams.
29. 2022 - Italian men's and women's epee teams.
30. 2023 - Italian men's and women's epee teams.
31. 2025, Tbilisi, Georgia - Finnish men's epee team.

INTERNATIONAL CHAMPIONSHIP PARTICIPATION

Junior World Championships as Italian National Team Fencing Master

32. 1997, Tenerife, Spain - women's epee team.
33. 1998, Valencia, Venezuela - women's epee team.
34. 1999, Keszthely, Hungary - women's epee team.

35. 2000, South Bend, USA - men's and women's epee teams.
36. 2002, Antalya, Turkey - men's and women's sabre teams.

Senior European Championships as a National Team Fencing Master

37. Moscow, Russia - Italian senior men's and women's sabre teams.
38. 2006, Izmir, Turkey - Italian senior men's and women's teams.
39. 2007, Ghent, Belgium - Italian senior men's and women's teams.
40. 2008, Kyiv, Ukraine - Italian senior men's and women's teams.
41. 2010, Leipzig, Germany - Italian senior men's and women's teams.
42. 2022 - Italian senior men's and women's teams.
43. 2023 - Italian senior men's and women's teams.
44. 2024 - Italian senior men's and women's teams.
45. 2025, Genoa, Italy - Finnish senior men's team.

European Youth and U23 Championships

46. 1999, Viana do Castelo, Portugal - Italian men's and women's U20 epee teams.
47. 2009, Debrecen, Hungary - Italian men's and women's U23 teams.
48. Tallinn, Estonia (2025) - Finnish men's U23 team.

Universiades as Italian National Team Fencing Master

49. 2001, Beijing, China - men's and women's epee teams.
50. 2005, Izmir, Turkey - men's and women's epee teams.
51. 2009, Belgrade, Serbia - men's and women's epee teams.

PUBLICATIONS

Books on Fencing

52. *Didattica nel Gioco della scherma [Teaching through the Game of Fencing]*. With Simone Piccini. Offset Grafica, Pisa, 2000
53. *Emotività e Scherma [Emotion and Fencing]*. With Luigi Mazzone. Felici, Pisa, 2002
54. *Aspetti neurofisiologici e psicologici nella pratica della scherma [Neurophysiological and Psychological Aspects of Fencing Practice]*. With Luigi Mazzone. Salerno, Palermo, 2004
55. *La Scuola Di Ciolo [The Di Ciolo School]*. With Antonio Di Ciolo, Simone Piccini and Sabrina Balestracci. Felici Editori, Pisa, 2007
56. *Manuale di Scherma [Fencing Manual]*. With Antonio Di Ciolo. Il Campano, Pisa, 2010
57. *Scherma, aforismi e pensieri del Maestro Antonio Di Ciolo [Fencing: Aphorisms and Thoughts of Maestro Antonio Di Ciolo]*. Il Campano, Pisa, 2011
58. *Quindi? Ci vuole tanta pazienza [So? It Takes a Great Deal of Patience]*. Il Campano, Pisa, 2022
59. *Il laboratorio [The Laboratory]*. Il Campano, Pisa, 2023
60. *Metodologia dell'insegnamento [Teaching Methodology]*. Il Campano, Pisa, 2024

Scientific Articles and Academic Contributions

61. Cortical alpha rhythms are correlated with body sway during quiet open-eyes standing in athletes: a high-resolution EEG study. With Claudio Del Percio, Alfredo Brancucci, Francesca Bergami, Nicola Marzano, Antonio Fiore, Pierluigi Aschieri, Andrea Lino, Fabrizio Vecchio, Marco Iacoboni, Michele Gallamini, Claudio Babiloni and Fabrizio Eusebi. *NeuroImage*, January 2007.
62. Pre-stimulus alpha rhythms are correlated with post-stimulus sensorimotor performance in athletes and non-athletes: a high-resolution EEG study. With Claudio Del Percio, Nicola Marzano, Stefania Tilgher, Antonio Fiore, Pierluigi Aschieri, Andrea Lino, Giancarlo Toran, Claudio Babiloni and Fabrizio Eusebi. *Clinical Neurophysiology*, April 2007.
63. Cortical alpha rhythms during bipodalic (Romberg) and monopodalic postures in non-athletes and elite athletes: a high-resolution EEG study. With Claudio Del Percio, Nicola Marzano, Marco Iacoboni, Francesco Infarinato, Roberta Lizio, Pierluigi Aschieri, Andrea Lino, Antonio Fiore, Giancarlo Toran, Michele Gallamini, Claudio Babiloni and Fabrizio Eusebi. *NeuroImage*, June 2007.
64. SPATHA, SPADA, EPEE: Ideologia e Prassi, Saggi di Archeologia e Antichistica/3 [Ideology and Practice: Essays in Archaeology and Antiquity Studies/3]. UnicaPress, Cagliari, 2024.

Books on Movement and Wellbeing

65. *Programma benessere [Wellness Programme]*. Felici, Pisa, 2000
66. *Il corso di ginnastica antistress [The Anti-Stress Exercise Course]*. Felici, Pisa, 2002

HONOURS, LANGUAGES AND ADDITIONAL INFORMATION

Honours

67. Knight of the Order of Merit of the Italian Republic, since 2005.
68. CONI Bronze Palm for Technical Merit, 2006.
69. CONI Silver Palm for Technical Merit, 2015.
70. CONI Gold Palm for Technical Merit, 2023.

Languages

Language	Reading	Writing	Speaking
Italian	Native language		
Spanish	Good	Good	Excellent
French	Good	Elementary	Excellent
English	Elementary	Elementary	Elementary

Spanish qualification: International Level II, Pablo Picasso Institute, Plaza de la Merced, Malaga.

Interpersonal and Technical Skills

71. Excellent kinesiology expertise developed through the study of movement sciences and participation in national and international conferences on sports conditioning and motor rehabilitation.
72. Strong interpersonal skills developed through teaching fencing at every level, from children to elite athletes.
73. Extensive communication and teaching experience as a university lecturer and through meetings, courses and advanced seminars for high-level coaches.

Organisational Skills

74. President of Club Scherma Pisa Antonio Di Ciolo, a sports and social-promotion association.
75. Management of fencing instruction and the day-to-day operation of the fencing salle.
76. Organisation and support of athletes attending national and international competitions.

Memberships and Other Qualifications

77. Transcendental Meditation: Level I practitioner, M.E.R.U. Centre, Livorno, July 1993.
78. Italian National Union of Kinesiologists: registered since 1999; seniority from 1 January 2000.
79. Italian Association of Fencing Masters: first registered in 1990.
80. Association of Italian Olympic and National Team Athletes: member since 1999; board member of the Pisa Section from 2004 to 2008.
81. Driving licence: Category B.

COMPETITIVE RESULTS OF ATHLETES COACHED

Achievement	Total	Notes
Athletes selected for national representative teams	19	
Regional Champion titles	300+	Italian Fencing Federation
National Champion titles	46	Italian Fencing Federation; some titles won under other national federations
European Champion titles	9	
Universiade titles	2	
Universiade medals	2	
Military World Champion titles	3	
Junior World Champion titles	6	
Junior/Cadet World Championship medals	8	
Junior Epee World Cup titles	1	
Senior World Champion titles	5	4 Italian Fencing Federation; 1 Italian Disabled Sports Federation
Senior World Championship medals	11	8 Italian Fencing Federation; 3 Italian Disabled Sports Federation
Paralympic medals	4	

This English version preserves the content and chronology of the original European-format curriculum vitae while standardising terminology, dates and presentation for an international readership.