



Associazione Italiana Master Scherma



**GROUP VETERANS TRAINING**  
**from Sunday 2<sup>nd</sup> to Friday 6<sup>th</sup> JANUARY 2012**  
**Sport Complex Acqua Acetosa - ROMA (Italy)**

The **AMIS**, upon proposal of the coach of the Italian Veterans National Team **M. Nicola Comincini** and with the collaboration of the **Italian Fencing Federation** and of the **Club Scherma Roma**, organizes from **Monday JANUARY 2<sup>nd</sup> to Friday 6<sup>th</sup> 2012** a foil, épée and saber group training, open to all the Italian and foreign veteran fencers.

Training responsible and coordinator:

**M. Nicola Comincini**, mobile +39 334 9502443, e-mail [nicola.comincini@alice.it](mailto:nicola.comincini@alice.it).

**Training VENUE**

**Club Scherma Roma gym** - Sport Complex Acqua Acetosa, Largo Giulio Onesti 1 - ROMA (Italy).

**MEETING**

Monday January 2<sup>nd</sup> 2012 at 3:30 pm by the Club Scherma Roma gym.

**PROGRAMME**

**TRAINING TIMETABLE**

DATE	MORNING	AFTERNOON
02/01/2012	Arrival	15:30 - 18:30
03/01/2012	09:00 - 12:00	15:30 - 18:30
04/01/2012	09:00 - 12:00	15:30 - 18:30
05/01/2012	09:00 - 12:00	15:30 - 18:30
06/01/2012	09:00 - 12:00	Departure

The training will consist of a warming / athletic training in the morning, followed by free bouts and individual lessons planned in advance with the coach.

On **Wednesday January 4<sup>th</sup> at 5:00 pm** a meeting has been planned with **Dr. ANTONIO FIORE**, federal doctor specialist in **sports medicine**.

The usual group training **final competition** is scheduled on the morning of **January 6<sup>th</sup>**.

**TECHNICAL STAFF**

The preparation will be managed by the coach of the Veterans National Team **M. Nicola Comincini**, assisted by **M. Carlos Alberto Freitas** and by the athletic trainer **prof. Riccardo Carmina**.



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The training registration fee is € 50.00 to be paid upon arrival in Rome to the AMIS delegate, while the booking and payment of the rooms at the discounted hotels will be paid directly by the participants.

### DISCOUNTED HOTEL

**Hotel dello Sport** (please mention the "convenzione scherma per allenamento collegiale Master" - agreement fencing for veterans group training).

It's located inside the Acqua Acetosa Sport Complex, Largo Giulio Onesti 1 - ROMA - Italy.

Tel. +39 06 36859137 - E-mail [hdsonesti@coni.it](mailto:hdsonesti@coni.it)

**Only a limited number of double rooms is available.** Please reserve as soon as possible.

Double B&B € 47,00 per person

Double HB € 57,00 per person

Double FB € 65,00 per person

Those who stay at the Hotel dello Sport can benefit from a free parking inside the Sport Complex.

**Hotel delle Muse\*\*\*** (please mention the "convenzione scherma per allenamento collegiale Master" - agreement fencing for veterans group training).

Via Tommaso Salvini, 18 - ROMA - Italy

It is located 10 minutes walk from Acqua Acetosa Sport Complex through the staircase of Via Pezzana

Tel. +39 06 8088333 (6 lines r.a.) - Fax +39 06 8085749 - E-mail [info@hoteldellemuse.com](mailto:info@hoteldellemuse.com)

You can see the hotel and the road map on the site [www.hoteldellemuse.com](http://www.hoteldellemuse.com)

Prices per room per night:

Single B&B € 55,00

Single HB € 73,00

Single FB € 91,00

Double B&B € 65,00

Double HB € 101,00

Double FB € 137,00

Buffet breakfast (american-english way) and VAT 10% included.

The meals include a soft drink.

THE VISITOR'S TAX (€ 2,00 PER PERSON PER NIGHT) ISN'T INCLUDED.

**The rooms availability is guaranteed until 15/12/2011.** After this date, any request will be considered individually depending on the availability of the Hotel.

The athletes are encouraged to book as soon as possible, because the period between the New Year and Epiphany is highly requested.



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All rooms of Hotel delle Muse are equipped with private services, hair dryer, TV with SkyTv satellite channels, direct telephone line, safe, air conditioning-heating, free Wi-Fi and ADSL Internet connection.

Free Internet point 24 hours by the Reception.

Internal laundry and ironing.

Drivers can leave their cars in the adjacent streets for a fee from 08:00 to 19:00 (1 euro per hour - 4 euros for 8 hours) excluding public holidays, or at a discounted garage in front of the hotel (from 18,00 to euro 25,00 depending on the car type - for 24 hours).

**We encourage the interested athletes  
to book directly to the chosen hotel as soon as possible!**

**Also provide the acceptance to the training  
within TUESDAY DECEMBER 20<sup>th</sup> 2011  
to the AMIS secretary:  
IRIS GARDINI, telephone and fax +39 0541 782371,  
mobile +39 338 7781719, e-mail [amis.italia@yahoo.it](mailto:amis.italia@yahoo.it)**

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Best regards.

*Iris Gardini*  
Secretary AMIS