

Paolo Cattaneo

IMIBERG POLISPORTIVA

Bergamo, 30th October 2017

Membership Committee: CSI BERGAMO

Tracked Activity Period: Sports Season 2016-2017 (from October to May)

Multisport experimental activity: football (primary sport) volleyball, basketball and athletics (sports proposed)

Number of participants: 30 monitoring followers (including 1 girl) divided into two 15-person teams

Goodmorning everyone.

My name is Paolo Cattaneo, I'm 50 (fifty), I live in Bergamo and I'm in charge of the Soccer 7 players - Soccer Sector of the Polisportiva Imiberg.

Our young Polisportiva (we set up the ASD in 2011) is born from the will of teachers and parents (as I myself) to set up a multi-faceted structure within a school environment in the sports field. We work on a number of fronts: from athletics to football, from dance to volleyball, we also organize courses aimed at solving postural problems related to the elderly or courses to bring the youngest to the sport in general. All under the guidance and supervision of professional technicians.

When the Provincial Committee of the CSI Bergamo proposed to us a joint participation in this European project (MAPS), we soon considered Polisportiva to accept and join, as we are particularly concerned about the 360-degree issues that involve children of that age group. Especially the themes that go to study the modern feeding regime of our kids. We then identified the two people who would follow the project, the undersigned for the 7 "pulcini" football team and Mr. Locatelli Livio for the soccer team at 7 of the newcomers. After having been consulted within our Board of Directors, we got acquainted with some illustrative meetings held at our Provincial Committee. A committee that, in the figures of Mr Paternò Gaetano and Manuel Garattini, has been particularly close and helpful in the crucial moments of the pre-established program.

So we started by deciding to monitor the 2016-2017 (from October to May) sports season of our 2 children's teams. The first indispensable step was to install on our 2 Personal SmartPhone the App called *COME WITH US* that would accompany us and help monitor our kids during this season. This App was the main and basic tool to be able to do what we had set ourselves. It seemed to us very interesting to be able to play sports activities out of the primary sports chosen by our mini-athletes (in our case: football), within our regular training sessions.

We therefore chose to integrate regularly other sporting activities, including basketball, basketball, volleyball and athletics within our 2 training sessions.

The result was brilliant: the guys were immediately curious to know a new sport and this curiosity came to fruition immediately with a request for knowledge of the rules and the correct postures of the new sport.

Before we started the MAPS course we had a talk with the guys from the 2 teams and we showed them what our annual intentions were. The 2 teams, totaling 30 members (15 boys per team, including 1 girl), have now been curious and collaborative. They quickly demonstrated great interest in the features of the Apps installed on the 2 technicians' mobile phones, and were also offered to be able to choose or recommend the type of exercise that they most enjoyed in that training session. The luck of our Polisportiva was also to be able to operate within a structure that is well suited to this kind of multi-sport activity, in fact, outside of our field at 7, we can take advantage of a small athletics track, a long jump platform, large green spaces, and a gym approved for both volleyball and basketball.

The goals reached were many: the most important (according to our point of view) was to make the kids more sensitive to the fight against sedentaryity, a real rampant virus especially in the new generations ever more slaves of the technological instruments (mobile, Ipad, pc, and so on) they daily use.

The use of the App in daily workouts was of utmost importance for its clarity and simplicity of use. Quality and design proposal are of a very high standard and are not comparable to existing Web Apps that, most of the time, have proved incomplete and unreliable. An appreciation that I'm referring to is the card game section: this part of the App includes a number of exercises that deal with the various physical and postural psychological specifications of our boys, that is: exercises aimed at building the sense of balance, rhythm, increase strength, or acquire the ability to navigate in space-time and more.

In conclusion, I can state, on behalf of the children, of the Polisportiva I represent, and of the undersigned to be happily impressed with this European design proposal where the clear and constructive dialogue between the institutions (CSI and Polisportiva) and the active collaboration of all technicians and mini-athletes has never failed to collect data of strategic importance.

I now refer some brief testimony to the guys involved in the MAPS project:

MATTIA, 10 years old: "I like to come on soccer training because then the Mister also makes us run on the athletics track and he takes our time."

GABRIELE, 9 years old: "I'm happy when I get to the soccer field because I find my friends and why the coach sometimes makes me choose which exercise to do with my friends from his mobile. My favourite is the Waiter or the Pacman game. "

EDOARDO, 9 Years: "The games on the Paolo' mobile, our coach, are very fun ... we do them before the match ...".

LISA, 10 years old: "I love football but I hope the coach also makes us a good match at volleyball ... because I want to crush ..."

Paolo Cattaneo, Head of the Youth Soccer Team of the Imiberg Polisportiva.