



CENTRO TECNICO FEDERALE della LOMBARDIA

Year 2009 – 1st half Report

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Story:

Lombardy Technical Center of the Italian Badminton Federation (C.T.F.) was set up in 2005, on the basis of previous experience in the organization of "Summer Stages" (2002 Sondrio, 2003 and 2004 Borno-Bs) aimed to develop our youngest players' badminton skills and techniques; helping them to grow in the Italian national contest.

It started in 2006, but in 2007 only the C.T.F. began effective, thanks to some funds from Region Lombardy, and by organizing regular meetings and training sessions. Boys were divided into two groups, chosen among those who have distinguished themselves in terms of commitment during trainings, and in relation to the individual rankings, national or regional, Under 19, Under 17, Under 15 and Under 13. The distinction made in these terms has allowed athletes and the coach to work in a more focused manner having the possibility to move the athletes from one group to the other according to the progress made under a strict observation of each group.

This allowed players to evaluate their skills with opponents of similar level and at the same time improving their technical basis.

Headquarter, Coach And Director

Headquarters: the seat of the C.T.F. was at first identified into the gym of Bellagio, already used in many demonstrations and annual tournaments and events. Later on, meetings have also been organized in different locations, most of them in Lecco.

Coach: Lucio Amoroso, a B class trainer, was selected taking into consideration a suggestion by Jens Togersten, after the former trainer, Fabio Morino, was appointed as Trainer of the Italian National Junior Team.

Director: It was restated as Director, Ms Piera Tocchetti; she has demonstrated considerable organizational skills and availability to assist technical training, as well as for her recent appointment as Secretary of the Regional Committee of FIBa and Coach Level C.

2009 Programme

A wide space, especially in the work, has been devoted to development and capacity and building general coordinator, special and conditional ones. In 2009 work has been done for growth and development, as regards the tactical-technical background of young players. For this reason it was necessary a qualitative selection inside group that participated in 2008 training.

HANDLE

- Front and back
- Exercises to increase awareness,
- To handle the different types of strokes
- Handle the different areas of the field

STEPS

- Starting position
- Starting area
- Pre loading jump (jump of adjustment or preparation)
- Technical

TECHNICAL

- The different stages of stroke
- Technique Stationary
- Technology in motion
- The fake

TACTICAL

- Men's singles
- Women's singles
- Men's Doubles
- Women's Doubles
- Mixed Doubles

Coach Lucio Amoroso

2009: set up of “Lombardy Group”

The choice of the “Lombardy Group”, was made following the federal guidelines, and by taking into consideration:

- *Physical potential
- *Technical skills and tactics acquired
- *Learning ability
- *Age
- *Motivation and passion for Badminton
- *Frequency of meetings and circuits
- *Behavior and fair play

Commitment 2009:

Children selected for 2009 ensured their presence at the meetings set by the timetable and will continue to work with interest and commitment to remain part of the "Gruppo Lombardia".

Target 2009:

2009 target is to consolidate the lessons and improve the performance of each athlete in order to obtain important results in Junior competitions. Involve technical gatherings of athletes to ensure continuity of work.

2009:

In the first half of 2009 we organized no. 6 meetings and no. 1 competition event "17th Meraner fruhling", summing up a total of 63 effective training hours, as per the following schedule:

11/01/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7
25/01/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7
01/02/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7
22/02/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7
08/03/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7
29/03/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7
30-04 - 02/05/2009	Centro Tecnico Federale Lombardia Raduno Open Junior Merano ore 14
31/05/2009	Centro Tecnico Federale Lombardia Raduno Lecco ore 7

2009: Training attendance and competition rankings

Name	Birth Date	ASA	Tot. hours	ott-08		nov-08		mar-09		30-giu-09	
				Ranking		Ranking		Ranking		Ranking	
BARIANI DAIANA	03/01/1994	BC VOGHERA	49	nc		9	F	13	C	6	C
CAPELLETTI GIORGIA	26/08/1992	GECO BC	35	16	B	9	B	1	C	5	B
CONSOLI CHIARA	26/01/1993	GSA CHIARI	56	10	F	7	F	10	C	7	C
FERLINGHETTI GIORGIO	11/03/1995	GSA CHIARI	42	nc		15	H	15	H	15	H
FERLINGHETTI MARCO	28/01/1993	GSA CHIARI	35	nc		14	H	16	C	3	D
FERRARI MARTINA	23/08/1994	BC LARIO	28	7	D	10	D	12	D	5	D
FIORESE ALICE	18/06/1993	BC DANEDA	38	nc		nc		9	C	10	C
LUPATINI MICHAEL	13/01/1993	GSA CHIARI	56	6	H	2	H	13	C	4	D
MADINI MORETTI R	21/03/1994	JUNIOR MI	31	16	F	10	F	8	F	12	F
MILANI MARTINO	13/11/1994	BCC LECCO	29	13	D	10	D	2	D	1	D
MILANI MICHELE	07/02/1996	BCC LECCO	28	6	F	1	F	15	D	15	D
PIGNATO MARCO	19/04/1993	GSA CHIARI	49	nc		16	F	15	C	2	D
RINALDO STEFANO	29/01/1994	BCC LECCO	42	nc		12	H	3	H	11	F
ROSSATTI FRANCESCO	31/01/1993	BC DANEDA	24	14	F	nc		nc	nc	nc	nc
ROSSI ALESSANDRA	17/03/1992	BC VOGHERA	56	14	C	9	C	12	B	13	B
RUBAGOTTI FRANCESCO	07/06/1995	GSA CHIARI	56	nc				nc	nc	nc	nc
SALA PAOLO	26/04/1994	BC LARIO	7	3	H	13	F	2	H	3	H
SBORLINO SEAN	11/07/1994	BCC LECCO	52	sickness				3	F	3	F
SIRONI ANDREA VERONICA	03/05/1994	BC LARIO	48	14	D	12	D	5	D	3	D
VALENTINO MARCO	31/05/1994	GANDHI	35	nc		7	H	2	H	10	F
VANINETTI CHRISTIAN	28/06/1994	BC LARIO	56	7	H	7	H	5	H	1	H

Comment to the tables:

- From the statement of attendance (page 8) it is clear that many athletes have kept their promise of attendance and commitment while others were involved directly or indirectly to long absences. As a consequence we have to reconsider their membership next year.
- The following table shows the situation of each athlete:
The results achieved in the "Qualification Circuit, Regional Champ. Under, Meran Open, Italian Championships Under", help us to better monitor the current situation.

2009: Summary of results by category – single tournaments

	1st Round	2nd Round	3rd Round	C-Nord Qualif.	Regional Champions.	Meran Internat	Italian Junior Championship
Female U17:							
Fiorese Alice	2	3	2	6	3	0	9
Rossi Alessandra	1	1	1	2	1	4	9
Consoli Chiara	3	2	3	7	2	5	17
Male Under 17:							
Lupatini Michael	1	1	1	10	1	17	17
Pignato Marco	4	3	2	7	5	17	17
Ferlinghetti Marco	5	4	3	12	5	17	17
Rossatti Francesco	2	0	4	14	3	0	0
Female Under 15:							
Ferrari Martina	1	9	5	9	1	9	5
Sironi A Veronica	2	0	3	6	2	9	9
Bariani Daiana	0	1	1	5	3	7	5
Male Under 15:							
Milani Martino	1	3	1	3	1	3	3
Rinaldo Stefano	2	2	3	4	2	5	17
Vaninetti Christian	5	1	2	7	3	17	17
Madini Riccardo	3	6	5	6	2	17	9
Valentino Marco	4	5	4	13	5	17	5
Rubagotti Francesco	0	9	6	14	5	17	9
Ferlinghetti Giorgio	9	7	7	0	5	17	0
Sala Paolo	7	4	0	0	9	0	0
Male Under 13:							
Milani Michele	1	1	1	3	0	0	5

2009: Total number of players by category – single tournaments

	1st Round	2°Round	3°Round	C-Nord Qualif.	Regional Champion s.	Meran Internat	Italian Junior Championship
Female Under 17	6	7	3	7	5	5	21
Male Under 17	9	13	9	17	12	20	24
Female Under 15	7	13	16	11	9	11	16
Male Under 15	11	23	18	23	21	18	24
Male Under 13	4	17	15	20	21	18	24

May 2009: Our CTF has an Italian Champion

A player trained in our CTF, Michele Milani – aged 13 - for the second consecutive year, won the National Title of Italian Champion together with Anna Kofler in Double Mix. Other 4 players got medals.



Situation today:

- This analysis makes us proud and confident that the work done by CTF effectively helped our players to achieve good results.
- CTF of Lombardia, active since 2007, has as main object the agonistic growth of our players and will complete this phase later this year.
- 2010 project should be further breakthrough for us because it should help the growth of new generations, actively involving all the clubs.
- FIBa, in May, announced the contribution assigned to the Regional Committee for the organization and the funds assigned to the CTF. Unfortunately, after three years of growth, the Federation has reduced by 45% the amount to Lombardia.
This situation raises need to change the programming done early years. As per Carte Federali, CT of Lombardia will complete the total hours necessary to considering open every Technical Center.

CTF 2010:

- On 3 September, a session was held for Under 15 & 13
- It was made an assessment and a choice to work with them.
- It would be advisable to have the "ASA" trainers during the training sessions, to help their athletes and to develop actual experience, and to go on with the technical program.
- A request was made to use the new "house" of badminton in Milan: "Palabadminton"; that will give us more opportunity to better organize the work.

Proposals to ASA: 2010

To finalize the commitment of all selected players, we suggest:

At Palabadminton:

5 hours sessions for all (U13 - U15 - U17 together) to work in a targeted manner also on Saturday or Sunday

Calendar:

- *31 October 2009
- *15 November 2009
- *12 December 2009

May 2009: Meran Open Junior

