

Track and field

*Sisport Mirafiori
Via Pier Domenico Olivero 40 - TO
Season 2022-2023*



www.sisport.life - sisport@stellantis.com  

GIOCATLETICA and ESORDIENTI - courses for girls and boys born between 2018 and 2012

From the 19th of September 2022 to the 11th of June 2023

Enrollment from the 5th of September until the depletion of vacancies

GIOCATLETICA - born from 2018 to 2016 - children must be 4 years old

Tuesday and Thursday from 17.00 o to 18.00

Introductory course to track and field that includes games, motoric paths and team matches. All activities involves the teaching and the strengthening of the three essential basic motoric schemes: running, jumping and throwing. The course will work on the improvement of the coordinative skills and motoric combination. Furthermore, the course offers activities to develop cognitive performance, such as the association of a number and a colour or a motoric gesture. The course also includes exercises to increase children's proprioception through new experiences such as running barefoot on different lands and slopes. In case of bad weather, activities will take place in the indoor gym.

ESORDIENTI - born from 2015 to 2012

Categories	Years	Timetable
Esordienti B/C	2015-2014	Monday, Wednesday and Friday at 17.00
Esordienti A	2013/2012	Monday, Wednesday and Friday at 18.00

The course has the goal of leading children to achieve basic techniques of track and field, such as: fast running, obstacles (from 10cm to 40cm), middle-distance race, high jump, long jump, triple jump, pole valut, vortex throw, circle throw and the throwing of a little ball through playful activities. Fun and body experimentation will be the protagonists of each activity.

SEASONAL MEMBERSHIP GIOCATLETICA AND ESORDIENTI

This membership is valid from the 19th of September 2022 to the 11th of June 2023

The first payment must be made at the moment of the subscription. The second payment must be made by 04/2/23. The second payment is not mandatory if you do not wish to continue the activity. The second payment can be made online with debit, credit or prepaid card and guarantees you the place until the end of the season.

	Total	Employee's children: Stellantis - Cnhl - Iveco Group
Seasonal - weekly attendance		
1° payment at the moment of the subscription	112,00 €	80,00 €
2° payment by 04/02/23	111,00 €	79,00 €
Seasonal - bi-weekly attendance		
1° payment at the moment of the subscription	162,00 €	116,00 €
2° payment by 04/02/23	161,00 €	115,00 €

Adidas association uniform is optional - Competition uniform and training shirt € 70 - Tracksuit and carryall € 90

PAYMENT AND MEMBERSHIP

Enrollments can be made from the 5th of September 2022 until the depletion of vacancies.

Enrollment Centre

Via Pier Domenico Olivero, 40. The centre is open from Monday to Friday from 9:00 to 19:00, the access is by appointment only and it can be booked here <https://inforyou.teamsystem.com/sisport/> or by writing an e-mail to sisport@stellantis.com. Download the guide to book the appointment. The second payment can be made online with credit, debit or prepaid card.

Membership Fee

€ 20 - validity from 01/09/2022 to 31/08/2023

Enrollment's Documents

- The original Non-Competitive Sport Medical Certificate. The certificate must be valid, properly signed and stamped by the doctor. Children under the age of 6 are excluded from this requirement.
- Badge Stellantis - CNHi- Iveco Group to obtain the discounted prices.
- Tax code of the participant and the parent (in order to meet the tax deduction's requirements provided for sport expenses for children under the age of 18)

Discounts and Promotions

- Promotions Family Unit: 10% discount for the second member of the family and a 20% for the third member.
The discount can be applied to memberships with a value higher than 80 € and that are active simultaneously.
 - Promotion Second Activity: 10% discount on memberships higher than 80 €
- THE DISCOUNTS CANNOT BE CUMULATED.

People who accompany the athletes

People who accompany athletes can access the system during training lessons.

Courses suspensions

01/11/22 - 08/12/22 - from 24/12/22 to 08/01/23 - from 6/04/23 to 12/04/23 - 25/04/23 - 01/05/23 - 02/06/23

FOR MORE INFO DOWNLOAD THE FAQ

Categories Ragazzi - Cadetti - Allievi - Juniores - Promesse - Assoluti

Timetables from the 12th of September 2022 to the 21st of October 2023 (activities will be suspended during the months of July and August)

CATEGORY RAGAZZI - born in 2011 and 2010

Monday, Wednesday and Friday from 17.00 to 18.30 - Three trainings per week (non mandatory)

During training lessons basic preathletic techniques will be taught, giving particular relevance to the introduction to running (running and proprioception technique), jumping (pre-acrobatics and leap) and throwing (poli-competition and multi-throw). Trainings include a phase of ground training to improve strength, endurance and speed, then it will move on to the individual federal disciplines:

60 metre sprint- 60 metres with obstacles(60cm) - 1000 metre sprint- 600 metre sprint - foot race (2000m)- long jump - high jump; Vortex throw (substitute of the javelin) - weight throw (2kg)- relay race 4x1000 - cross-country race (around 2-3km).

SEASONAL MEMBERSHIP - CATEGORY RAGAZZI

Validity from the 12th of September 2022 to the 21st of October 2023

The membership includes the attendance to three training lessons of 90 minutes per week, federal membership and the enrollment to Federal Championships.

	Total	Employee's children: Stellantis - Cnhl - Iveco Group
Seasonal		
1° payment at the moment of the subscription	217,00 €	155,00 €
2° payment by 04/02/23	145,00 €	104,00 €

CATEGORY CADETTI - born in 2009 and 2008

Monday, Tuesday, Thursday and Friday from 15.30 to 17 - Four trainings per week (non mandatory)

Training lessons has the goal to perfect the technique and the speed of running, as well as the fluidity of the technical gesture through generic and specific preathletism. Athletes will work on the improvement of endurance, speed and strength through circuits and ground exercises or with a light load. The main goal is the multi-disciplinary teaching of all track and field's disciplines as to achieve basic motoric knowledge that will be useful for future specialisations. At the end of the two-year period, the athlete will obtain good experience in disciplines related to athletics and the athlete will develop a remarkable independence in the warm-up and competitions' management.

CATEGORY ALLIEVI (2007-2006) - JUNIORES (2005-2004) - PROMESSE (2003-2002) - ASSOLUTI (from 2001)

Five trainings per week. Days and hours vary depending on the discipline. We suggest people that never did track and field to start the activity in the sector of multiple disciplines as to understand the most ideal discipline for the athlete.

SECTOR	TRAINERS	TRAINING TIMETABLE
SPEED AND OBSTACLES	Luca Chirio	For more info write an e-mail to atleticisport@gmail.com
JUMPS	Francesco Crabolu	For more info write an e-mail to atleticisport@gmail.com
THROWS	Maria Marella	For more info write an e-mail to atleticisport@gmail.com
MIDDLE-DISTANCE	Alfonso Violino e Mattia Siletto	For more info write an e-mail to atleticisport@gmail.com
MULTIPLE DISCIPLINES AND POLE VAULT	Samuel Agostino - Diego Cattel - Elisa Lezzi	For more info write an e-mail to atleticisport@gmail.com

SEASONAL MEMBERSHIP: CATEGORY ALLIEVI - JUNIORES - PROMESSE - ASSOLUTI

Validity from the 12th of September 2022 to the 21st of October 2023

It includes the attendance to three trainings per week for 90 minutes, federal membership and the enrollment to Federal Championships

	Total	Employee's children: Stellantis - Cnhl - Iveco Group
Seasonal		
1° payment at the moment of the subscription	235,00 €	167,00 €
2° payment by 04/02/23	156,00 €	112,00 €

Adidas association uniform

Competition uniform (vest + short) and training shirt € 70 - mandatory for new memberships

Tracksuit and carryall € 90 - Optional

The athlete can arrange a period of free training lessons for two weeks (depending on vacancies)

In order to obtain it, you must

- 1) Get in touch with the specialist tecnico by writing an e-mail to atleticsisport@gmail.com to arrange days and hours for the training classes
- 2) The day of the first training the athlete must get the temporary access voucher and give to the reception at the entrance of the offices the competitive or non-competitive Sport Medical Certificate.

PAYMENT AND MEMBERSHIP

Season Renewals 2021-2022

Athletes enrolled in the previous sports season, can renew their membership from the 26th of September to the 15th of October 2022

New Enrollments can be made from the 5th of September 2022 until the depletion of vacancies.

Enrollment Centre

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