

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.

Free trial lesson for new members

It is possible to do a free trial lesson from the 19th to the 30th of September in the days and hours that are scheduled based on the date of birth.

The trial lesson can be done based on the availability of vacancies. In order to take part in the lesson, it is required to book it at the number 011.8951904 from the 5th to the 30th of September from Monday to Friday from 9 to 13 and from 14 to 19. If you want to participate, you must have the Non-Competitive Sports Medical Certificate to show at the entrance. The attendance to this lesson does not guarantee you the preemption of the place in the team.

GIOCATLETICA - born between 2018 and 2016 - from kids that have already turned 4

Tuesday and Thursday at 17.00

Introductory course to track and field that includes games, motoric paths and team matches. All activities involve 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 between 2015 and 2012

Categories	Years	Timetable
Esordienti B/C	2015-2014	Monday, Wednesday and Friday at 17.00
Esordienti A	2013/2012	Tuesday, Thursday 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 vault, 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. Esordienti A: membership included in the enrollment.

Esordienti A will have the chance to take part in 2 federal events

GIOCATLETICA AND ESORDIENTI SEASONAL MEMBERSHIP

Validity 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 with 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	Figli Dip. Stellantis - Cnhl - Iveco Group
Seasonal - weekly attendance		
1° payment at the moment of the subscription	126,00 €	94,00 €
2° payment by 4/2/23	126,00 €	94,00 €
Seasonal - bi-weekly attendance		
1° payment at the moment of the subscription	176,00 €	130,00 €
2° payment by 4/2/23	176,00 €	130,00 €

T-shirt included in the membership. The purchase of a second t-shirt € 14,00

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

PAYMENT AND MEMBERSHIP

Via Santa Cristina, 1 - Settimo T.se 10036

Open from Monday to Friday from 9.00 to 13.00 and from 14.00 to 19.30

Access by appointment only, which can be booked here <https://inforyou.teamsystem.com/sisport/> or by telephone at 011.8951904.

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

Adults that accompany the athletes can access the system during trainings

Membership's Documents

- The original Non-Competitive Sport Medical Certificate. The certificate must be valid, properly signed and stamped by the doctor.

- Badge Stellantis - Cnhl - Iveco Group to obtain the discounted prices.

- Tax code of the participant and the person who pays (in order to meet the tax deduction's requirements provided for sport expenses for children under the age of 18)

The visit for the Medical Certificate can be book at JMedical in Via Druento, 153 - Turin with an affiliation rate. To book call the number 011-013030361. Children under the age of 6 are excluded from this requirement.

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

Trial lessons

It is possible to follow a trial lesson by booking ahead day and hour at the Sisport enrollment centre. Book here your appointment at the enrollment centre:

<https://inforyou.teamsystem.com/sisport/>

The trial lesson has a cost of 10 € and it is not refundable. In order to start the trial lesson it is necessary to deposit € 10 to have the Access card and it is fondamentale to show your Original Non-Competitive Sports Medical Certificate. Children under the age of 6 are excluded from this requirement.

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

Activities for girls and boy born from 2011

Timetable from the 12th of September 2022 to the 21st of October 2023 (The activity will be suspended during the months Of July and August)

CATEGORY RAGAZZI - born in 2011 and 2010

Monday, Wednesday and Friday from 18.00 to 19.30 - Recommendation of 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

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

	Total	Employees' children Stellantis - Cnhl - Iveco Group
Seasonal		
1° payment at the moment of the subscription	210,00 €	150,00 €
2° payment by 4/2/23	140,00 €	100,00 €

CATEGORY CADETTI - born in 2009 and 2008

Monday, Wednesday and Friday from 18.30 to 20 - Recommendation of three trainings per week

The training lessons have the goal to perfect the technique and the speed of running, as well as the fluidity of the technical gesture through generic and specific preatheltism. 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 (dal 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	TRAININGS TIMETABLE
ALLIEVI	Roberto Rosso	being defined. For more info write to atleticisportsettimo@gmail.com
JUNIORES	Giovanni Zngarello	being defined. For more info write to atleticisportsettimo@gmail.com
PROMESSE	Giovanni Zngarello	being defined. For more info write to atleticisportsettimo@gmail.com
ASSOLUTI	Giovanni Zngarello	being defined. For more info write to atleticisportsettimo@gmail.com

SEASONAL MEMBERSHIPS 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	Employees' children Stellantis - Cnhl - Iveco Group
Seasonal		
1° payment at the moment of the subscription	210,00 €	150,00 €
2° payment by 4/2/23	140,00 €	100,00 €

Adidas association uniform

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

Tracksuit and carryall € 90 - Optional

ADDITION OF NEW ATHLETES TO THE TEAM

The athlete can arrange a 14 days period of free training lessons (depending on vacancies) at the cost of €10 which are not refundable

In order to obtain it, you must

- 1) Get in touch with the specialist by writing an e-mail to atleticisportsettimosettimo@gmail.com to arrange days and hours for the training classes
- 2) Book an appointment at the enrollment centre by logging in here: <https://inforyou.teamsystem.com/sisport/> to get the access card and pay the trial lesson

At the enrollment centre you must deposit your Competitive or Non-Competitive Sports Medical Certificate and € 10 for the Access Card.

PAYMENT AND MEMBERSHIP

New enrollments

From the 5th of September until the depletion of vacancies

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

Enrollment centre

Via Santa Cristina, 1 - Settimo T.se 10036

Open from Monday to Friday from 9.00 to 13.00 and from 14.00 to 19.30

Access by appointment only, which can be booked here <https://inforyou.teamsystem.com/sisport/> or by writing an e-mail to sisportsettimo@stellantis.com.

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

Discounts and promotions

- Renewal discount: 10% discount for annual or seasonal memberships' renewal of the 2021/2022 Season. -
- 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.

Adults that accompany the athletes can access the system during trainings

Membership's Documents

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