



SWIMMING AND DIVING

To Whom It May Concern,

We are pleased to recommend PhD Marco Ghioni for the role of Dedicated Postural Consultant for Diving Athletic Performance. We were honored to work alongside Marco Ghioni from 1st October to 21st December 2018 with the MIAMI DIVING CLUB TEAM and the UNIVERSITY OF MIAMI team. Marco was always an outstanding member of our team, and we have always been impressed by his professionalism and personal qualities.

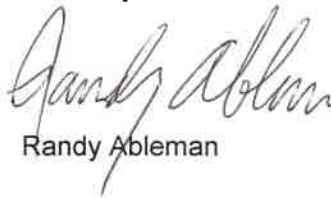
After illustrating his project to our coaches and athletes, he worked with the whole diving team with his expertise. The exercises he recommended are tailored for each diver. He possesses a trained eye to recognize in each athlete's body areas where specific training routines are most needed and useful to improve technical mechanical movements and to cope with muscular-articular issues.

Our athletes learned new exercises (to be performed both individually and in pairs) to prevent injuries and muscle pains. We were able to observe improvements in our athlete's flexibility and any muscular pain on day by day basis. We also have received from Marco Ghioni an exercise booklet with both practical and theoretical guidance which we are sure will be of great help in future diving seasons.

We also would like to thank PhD Marco Ghioni for his skills, professional experience, and personal enthusiasm in helping us with our young promising talents at the Miami Diving Club team and we hope to be working with him again soon.

We recommend Marco Ghioni for this position. We are confident he will become an invaluable asset to any team. Please feel free to contact us if you have any questions regarding his character or past work.

Sincerely,



Randy Ableman



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