University Sport Movement of Rome Tor Vergata

SPORT ACTIVITIES
2018 - 2019
Dear Friend,

My name is Manuel Onorati, CUS Roma Tor Vergata founding President and I personally welcome you to this wonderful family. Like every family, it is composed of several people with different characteristics that I would like to introduce you in order to give you the details and to know who to interact with.

Remember, here at CUS every person is important. We are young but competent, and we believe that together we can do great things. There is a beautiful African saying "if we want to get there first, make the best time, we have to run alone, but if our goal is to go far away, then we have to walk all together"

I want to introduce you to our team: Filippo is the Secretary General of CUS, in his long professional sports activity he represented Italy in football at 11 participating in four Universiade winning the gold medal at Gwangju (South Korea), graduated in International Relations, ambassador of the FISU, he coordinates the entire secretariat of CUS Tor Vergata.

The CUS is divided into precise and organized sections so you can always find the reference point. Claudia, graduated in economics and student in Sustainability, Innovation and Reporting Master in Tor Vergata, is a Tennis athlete and manages and coordinates the administration. Francesca, a multi-medal athlete in national and international competitions in Judo, a student in Physical Sciences, organizes and coordinates the sports sections: each referent and trainer responds to his figure. Danilo, graduated in Physical Sciences and mastering in Sports Management is a multi-medal athlete in Italy and abroad in Karate, he coordinates the Volunteer Program, courses and develops communication and social networks. Simona, expert in graphics, worked in numerous companies, she designs and creates all the graphics of the events, sections and tournaments of CUS Tor Vergata.

The CUS is obviously built on many courses and many sports section, it is our goal!

If you are a trainee you will interact with the instructor, if you are an athlete with the coach, if you are a coach with the referent, if you are the contact person with the sports office, here it is, everything is very simple. I recommend you do not forget to read the CODE OF ETHICS that you will find on our website www.cusromatorvergata.it, because not respecting it means violating the rules of CUS, and we consider you important.

Sport is life!

Manuel Onorati
Presidente Fondatore CUS Roma Tor Vergata
UNIVERSITY SPORT MOVEMENT OF ROME TOR VERGATA

CUS Roma Tor Vergata promotes Sport in the territory of "University of Rome" for students, administrative technical staff and everyone who wants to practice any sport. The Sport University Center is the territorial emanation of CUSI (Italian Sports University Federation) recognized by CONI (National Olympic Committee). Enhances sport as a recognized social right. Cooperates with families, institutions, school facilities. It finances and carries out research and training projects and programs. It produces cultural and sports publications.

For us at CUS sport is an educational, formative, cultural, competitive and social aggregation opportunity. CUS, in line with the thought of the Rector Prof. Giuseppe Novelli, implements a policy of openness to the territory to share research, innovation, interest, structures for something much more important that the University calls “The Third Mission” to make university skills interact with society to promote shared social growth. Currently the CUS Roma Tor Vergata has many active sections but is about to develop in the territory, in particular by opening new ones, in order to offer more performing services: Judo, Karate, Fencing, Taekwondo, Athletics, Boxing, Yoga, Salsa, Sailing, Canoeing, Soccer, Volleyball, Basketball, Golf; are just some of the sports that we offer!

CUS Roma Tor Vergata proposes the following Objectives:
- Organize sports events;
- Participate in the National University and International Championships;
- Implement sports infrastructure projects in the University area;
- Protecting, enhancing, recovering and conserving the natural, historical and cultural characteristics of the territory;
- Increase attractiveness and international ranking of the University of Rome "Tor Vergata";
- Promote the economic activities of the area as long as they are compatible with the surrounding environment;
- Contribute to improving the quality of life of the academic community and the territory;
- Disseminate sports culture through new means of communication and dedicated technological infrastructures;
- Contribute to research through the allocation of scholarships and research grants

To achieve these goals, CUS needs you! We are the youngest CUS in Italy, and in just 3 years we have been able to propose many activities and participate to many national and international tournaments, also and especially thanks to those who have given us confidence, who have bet on us and with great enthusiasm have joined our project.

Claudia Capozza
amministrazione@cusromatorvergata.it

Francesca Ripandelli
organizzazione@cusromatorvergata.it

Danilo Di Marco
info@cusromatorvergata.it

Simona Bevilacqua
media@cusromatorvergata.it

Filippo Corti
segretariogenerale@cusromatorvergata.it
This is the CUS organization structure: it is important for us to make sure that you know that to think about your well-being and your satisfaction there is an entire team that works at your service and whose goal is to try to make the always better and more performing offer based on the requests and needs of those who, like you, have decided to trust us.

The CUS team is composed of young, motivated people who share a passion for sport and who want to improve the quality of the Tor Vergata territory through sporting and cultural initiatives.

From the President to the Volunteer to the CUS all are important, because only together and with the help of each one the CUS has reached unimaginable goals in only 3 years.
MEMBERSHIP

Membership gives you the access to the CUS world! However to be able to use the services you will have to deliver to the secretary:

- Copy of the identity document
- Copy of the Fiscal Code
- Copy University fee to participate in university competitions
- Competitive or non-competitive medical certificate in relation to specific activities and / or courses.

**Silver** 10€

- CUS Tor Vergata t-shirt
- Apply for the National University Championships
- Apply for National Tournaments
- Apply for International Tournaments
- Participation in CUS events
- 1 Football Training every 2 months
- 1 Soccer training at 8 every 2 months
- 1 5-a-side Football Training every 2 months
- 1 Basketball training every 2 months
- 1 Volleyball training every 2 months
- 1 Tennis trial every 2 months
- 1 trial Functional gymnastics course every 2 months
- 1 light Gymnastics test every 2 months
- 1 Yoga and Pilates test every 2 months
- 1 test Salsa every 2 months
- Legea Coupon 30%
- Discounts at the affiliated facilities (sports, health and services)
- Monthly CUS News

**Gold** 40€

- CUS Tor Vergata representative Polo
- CUS Tor Vergata representation suit
- CUS Tor Vergata backpack
- CUS Tor Vergata t-shirt
- Apply for the National University Championships
- Apply for National Tournaments
- Apply for International Tournaments
- Participation in CUS events
- 1 Soccer training at 11 every month
- 1 5-a-side Football Training every month
- 1 Basketball training every month
- 1 Volleyball training every month
- 1 Tennis trial every month
- 1 trial Functional Gymnastics course every month
- 1 light Gymnastics test every month
- 1 Yoga and Pilates test every month
- 1 test Salsa every month
- Legea Coupon 30%
- Discounts at the affiliated facilities (sports, health and services)
- Monthly CUS News

The type of membership can be added to the costs related to the sections / activities / courses chosen.

**Silver** + Section/activity chosen

**Gold** + Section/activity chosen
CUS Roma Tor Vergata, at the moment, does not have its own facilities, therefore it leases the space necessary to satisfy the demand of the members. Each structure must be respected according to the code of ethics of CUS Roma Tor Vergata. Every athlete is responsible for his actions. The map below shows the facilities for the teams and for the courses. For individual sport conventions, the addresses are indicated on the following pages.

**Football 11**
Roma VIII, Via di Tor Bella Monaca, 18 00133 Roma

**Football 8**
Roma VIII, Via di Tor Bella Monaca, 18 00133 Roma

**Football 5**
Roma VIII, Via di Tor Bella Monaca, 18 00133 Roma

**Volleyball Female**
Via Giuseppe Gregoraci, 104, 00173 Roma RM, Centro Sportivo Marco Magnani

**Volleyball Male**
Via Giuseppe Gregoraci, 104, 00173 Roma RM, Centro Sportivo Marco Magnani

**Basketball Male**
Via Giuseppe Gregoraci, 104, 00173 Roma RM, Centro Sportivo Marco Magnani

**Basket Female**
Via Giuseppe Gregoraci, 104, 00173 Roma RM, Centro Sportivo Marco Magnani

**Courses (all of them)**
Via Michele Pantanella, 5, 00133 Roma RM
Parrocchia Santa Margherita Maria Alacoque.

**Tennis**
Via Armando Luciani, 57, 00169 Roma RM
Augustea Sporting Club
**FOOTBALL 11 (MALE)**

**Description:**
Football is a team sport played with a ball on a rectangular playing field, with two doors, by two teams of 11 players, ten of which can, in general, touch the ball only with the feet, the body and the head while only one player (the goalkeeper) placed in defense of the door, can touch the ball with his hands.

**Sport and organization manager:**
Francesca Ripandelli

**Referent:**
Francesco Ruperto

**Coach:**
Francesco Ruperto (Coach)

**Who:**
Students and non-students

**Where:**
Via di Tor Bella Monaca 497. Rome 00133 RM, SSD ROME VIII A.R.L.

**Course structure:**
1 year (Oct-Jun)

**Hours and days:**
Monday, Thursday - 19.45-21.45

**Requirements:**
- Silver or Gold membership
- Agonistic medical certificate
- Passport photos (3)

**Annual cost:**
- **Mandatory:** Participation and application for all activities € 30.00
- **Optional:** Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)
The Kit is mandatory for those who will take part in the team for the National and International Championships.

**Events:**
- National University Championships * (December-June)
- ACLI Provincial Championship (October-June)
- International competition *

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* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent.
The football 8 is a variant of Football, which generally includes the rules. Rectangular field with a maximum length of 64 meters and a width of 4. Each team deploys 8 players in the field.

**Sport and organization manager:**
Francesca Ripandelli

**Referent:**
Marco Cardella

**Coach:**
Marco Cardella

**Who:**
Students and non-students

**Where:**
Via di Tor Bella Monaca 497. Roma 00133 RM, SSD ROMA VIII A.R.L.

**Course structure:**
1 year (Oct-jun)

**Hours and dates:**
Monday and Wednesday – 20.30-22.00

**Requirements:**
- Silver or Gold Membership
- Agonistic medical certificate

**Annual cost:**
- **Mandatory:** Participation and application for all activities € 30.00
- **Optional:** Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)
The Kit is mandatory for those who will take part in the team for the National and International Championships.

**Eventi e manifestazioni:**
- Football 8 League (October-June)

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* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent
FOOTBALL 5 (MALE)

Description:
Soccer a5 is a team sport that originally originated in Uruguay. Internationally it is known as Futsal which derives from the merging of Fútboll and hall. Each team deploys 5 players in the field.

Sport and organization manager:
Francesca Ripandelli

Referent:
Jacopo Colella

Coach:
Pili D’Ottavio Giovanni

Who:
Students and non-students

Where:
Via di Tor Bella Monaca 497. Roma 00133 RM, SSD ROMA VIII A.R.L.

Course Structure:
1 year (Oct-Jun)

Hours and dates:
Wednesday and Friday – 20.30-22.00

Requirements:
- Silver or Gold membership
- Agonistic Medical Certificate

Annual cost:
- Mandatory: Participation and application for all activities € 30.00
- Optional: Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)
The Kit is mandatory for those who will take part in the team for the National and International Championships.

Eventi e manifestazioni:
- Campionati nazionali universitari* (dicembre-giugno)
- Torneo dei Campetti
- Competizione internazionale*

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* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent
BASKETBALL (MALE)

Description:
Basketball, also known as Basket, is a team sport in which two teams of five players face each other to score with a ball in the opponent's basket, according to a set of prefixed rules.

Sport and organization manager:
Francesca Ripandelli

Referent:
Luca Vitali
Simone Addabbo

Coaches
Luca Vitali (Allenatore)
Simone Addabbo (Allenatore)

Who:
Students and non-students

Where:
Via Giuseppe Gregoraci 104, 00173 Roma RM,
Centro Sportivo Marco Magnani

Course Structure
1 year (Oct-Jun)

Hours and Dates:
Saturday – 10.00-12.00

Requirements:
- Silver or Gold membership
- Medical agonistic Certificate

Annual cost:
- Mandatory: Participation and application for all activities € 10.00
- Optional: Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)
The Kit is mandatory for those who will take part in the team for the National and International Championships.

Eventis:
- National University Championships * (December-June)
- Roman University Championship (November-April)
- International Championship*

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* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent.
Basketball, also known as Basket, is a team sport in which two teams of five players face each other to score with a ball in the opponent's basket, according to a set of prefixed rules.

**Sport and organization manager:**
Francesca Ripandelli

**Referent:**
Luca Vitali  
Simone Addabbo

**Coaches**
Luca Vitali (Allenatore)  
Simone Addabbo (Allenatore)

**Who:**
Students and non-students

**Where:**
Via Giuseppe Gregoraci 104, 00173 Roma RM,  
Centro Sportivo Marco Magnani

**Course Structure**
1 year (Oct-Jun)

**Hours and Dates:**
Saturday – 10.00-12.00

**Requirements:**
- Silver or Gold membership
- Medical agonistic Certificate

**Annual cost:**
- Mandatory: Participation and application for all activities € 10.00  
- Optional: Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)  
The Kit is mandatory for those who will take part in the team for the National and International Championships.

**Eventis:**
- National University Championships * (December-June)  
- Roman University Championship (November-April)  
- International Championship*

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* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent
Volleyball, also called Volley, is a sport that takes place between two teams of 6 players each. The aim of the game is to score points by making the ball touch on the ground in the opponent's field and at the same time preventing the opposing team from doing the same.

Sport and organization manager:
Francesca Ripandelli

Referent:
Chiara Cesaroni

Coach:
Chiara Cesaroni

Who:
Students and non-students

Where:
Via Giuseppe Gregoraci 104, 00173 Roma RM, Centro Sportivo Marco Magnani

Course Structure:
1 year (Oct-Jun)

Hours and Dates:
Tuesday – 11.00-13.00

Requirements:
- Silver or Gold membership
- Agonistic Medical Certificate

Annual cost:
- Mandatory: Participation and application for all activities € 10.00
- Optional: Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)
The Kit is mandatory for those who will take part in the team for the National and International Championships.

Events:
National University Championships * (December-June)
- International Championship*

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* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent
VOLLEYBALL FEMALE

Description:
Volleyball, also called Volley, is a sport that takes place between two teams of 6 players each. The aim of the game is to score points by making the ball touch on the ground in the opponent's field and at the same time preventing the opposing team from doing the same.

Sport and organization manager:
Francesca Ripandelli

Referent:
Chiara Cesaroni

Coach:
Chiara Cesaroni

Who:
Students and non-students

Where:
Via Giuseppe Gregoraci 104, 00173 Roma RM, Centro Sportivo Marco Magnani

Course Structure:
1 year (Oct-Jun)

Hours and Dates:
Tuesday – 11.00-13.00

Requirements:
- Silver or Gold membership
- Agonistic Medical Certificate

Annual cost:
- Mandatory: Participation and application for all activities € 10.00
- Optional: Sports kit € 40.00 (Backpack + Representation suit + Polo + Bermuda + Training shirt + Training shorts)
The Kit is mandatory for those who will take part in the team for the National and International Championships.

Events:
National University Championships * (December-June)
- International Championship*

* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent
FUNCTIONAL TRAINING

Description:
A movement is called functional when reflect life’s gestures of daily life, natural movement activate to the synergy contraction of muscles. The goals of this training is to develop a beauty, harmonic and strong body from workout who recalls the basic function of this sport.

Sport and organization manager:
Francesca Ripandelli

Human resources responsible:
Danilo Di Marco

Instructor:
Danilo Di Marco

Who:
Students and non-students

Where:
Via Michele Pantanella, 5, 00133 Roma RM Parrocchia Santa Margherita Maria Alacoque.

Course Structure:
1 year (Oct-Jun)

Hours and dates:
Tuesday – 19.00-20.00
Thursday – 18.00-19.00

Requirements:
- Silver or Gold membership
- Non agonistic medical certificate

Costs:
For information and details follow the end of the chapter (pag.24)
Description:
It's suitable for the all age. Import a lot of benefits for our body. It's recommended above all for whom and for daily habits remain for long time stationary or sitting down to the writing desk. Or for someone suffer of postural problems and at the same time light gymnastics is really effective for every types of person. the light gymnastics It's a physical practice characterized from the low intensity of the physical effort but it doesn't mean if don't do ‘targeted’ and specific movement you don't have physical development.

Sport and organization manager:
Francesca Ripandelli

Human resources responsible:
Danilo Di Marco

Instructor:
Danilo Di Marco

Who:
Students and non students

Where:
Via Michele Pantanella, 5, 00133 Roma RM Parrocchia Santa Margherita Maria Alacoque.

Course Structure:
1 year (Oct-Jun)

Hours and dates:
Tuesday– 16.00-17.00
Thursday– 16.00-17.00

Requirements:
- Silver or Gold membership
- Non agonistic medical certificate

Costs:
For information and details follow the end of the chapter(pag.24)
YOGA AND PILATES

Description:
Yoga is simply a discipline for the body, mind and soul who serve to us for living in better. Yoga is a combination of practice, study, theories and learning who have as goal to help us in living better and to be more happy.

Pilates is one of the most appreciate training to the gyms and rehabilitates centers. It's a method of training who teaching you confident of your body, for strengthen, to correct your posture, improve fluidity and your body precision movement.

Sport and organization manager:
Francesca Ripandelli

Human resources responsible
Danilo Di Marco

Instructor:
Andrea Pantaleone

Who:
Students and non students

Where:
Via Michele Pantanella, 5, 00133 Roma RM
Parrocchia Santa Margherita Maria Alocoque.

Course structure:
1 year (Oct-Jun)

Hours and dates:
Tuesday – 17.00-18.00 Yoga and Pilates
Thursday – 17.00-18.00 Yoga and Pilates

Requirements:
- Silver or Gold membership
- Non agonistic medical certificate

Costs:
For information and details follow the end of the chapter (pag.24)
Description:
Salsa is a Caribbean couple dance danced with its musical notes. Salsa and Bachata also share and have common characteristics. They develop in various styles that can differ mainly for gesture, figure and musical ramifications from cultural mark.

Sport and organization manager:
Francesca Ripandelli

Human resources responsible:
Danilo Di Marco

Instructor:
Giulia Barlone
Patrizio Sartini

Who:
Students and non students

Where:
Via Michele Pantanella, 5, 00133 Roma RM
Parrocchia Santa Margherita Maria Alocoque.

Course structure:
1 year (Oct-Jun)

Hours and dates:
Tuesday – 18.00-19.00
Thursday – 19.00-20.00

Requirements:
- Silver or Gold membership
- Non agonistic medical certificate

Costs:
For information and details follow the end of the chapter (pag. 24)
TENNIS

Description:
Tennis is a sport who is practice in a rectangular field, half divided from the distance of a net. It consist to beat and put a ball with a racket, with single players or in couple. Making bouncing above the net after is bounced from the ground, not more of once time, or also beat on fly before the touch the ground.

Sport and organization manager:
Francesca Ripandelli

Human resources responsible:
Danilo Di Marco

Instructor:
Edoard Bardelloni

Who:
Students and non-students

Dove:
Via Armando Luciani 57, 00169 Roma RM,
Augustea Sporting Club

Course structure:
1 year (Oct-Jun) with the chance possible to partecipate to the Events National University Championship (December-June ) International Championship and CUS Tennis Cup (May-June )

Hours and dates:
Tuesday – 17.00-18.00
Wednesday – 17.00-18.00 Yoga and Pilates

Requirements:
- Silver or Gold membership
- Non agonistic medical certificate

Costs:
For information and details follow the end of the chapter(pag.24)

* Participation in these events takes place through sporting and ethical merits, parameters established by the coach in collaboration with the Referent
COUNTRY DANCE*
OPTIONAL COURSE.

Description:
Often the Country Dance is understood as original of Old West but indeed/actually is a modern dance. It is born from the end of 70s in the States/USA sponsored by the most influential record companies of Nashville which they proposed the baby born New Country Music and they have literally invented for increase the diffusion of the New Country Music. Today the Country Music represent a musical genre where inside there are various genre: Celtic music, swing, pop, rock, big band. Everybody can dance country from the 6 years old to the 90 years old without contraindications! Sport and music, harmony and freedom, respect and friendship.

Sport and organization Manager:
Francesca Ripandelli

Human Resources responsible:
Danilo Di Marco

Instructor:
Maria Stella Cupellini

Who:
Students and non students

Where:
Via Michele Pantanella, 5, 00133 Roma RM
Parrocchia Santa Margherita Maria Alocoque.

Course Structure:
1 year (Oct-Jun)

Hours and dates:
Wednesday– 18.00-19.00

Requirements:
- Silver or Gold membership
- Non agonistic medical certificate

Costs:
For information and details follow the end of the chapter(pag.24)
Tai Chi Chuan is a discipline from the ancient origins, that is approaching to the world of martial arts, helpful for the character strengthening, elasticity of tendons and muscles and posture development.

Sport and organization manager: Francesca Ripandelli

Human resources Responsible: Danilo Di Marco

Instructor: Alessandro Pistilli

Who: Students and non students

Where: Via Michele Pantanella, 5, 00133 Roma RM Parrocchia Santa Margherita Maria Alocoque.

Course Structure: 1 year (Oct-Jun)

Hours and dates: Wednesday– 19.00-20.00

Requirements: 
- Silver or Gold membership
- Non agonistic medical certificate

Costs: For information and details follow the end of the chapter(pag.24)
After the membership, silver or gold, in the tables you can see the different ways of payment.

1. Payment **each month** (table one). Payment a year paying each month (table two).

<table>
<thead>
<tr>
<th>TABLE 1</th>
<th>Students</th>
<th>Employee</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payment 1 course</td>
<td>20,00 €</td>
<td>30,00 €</td>
<td>35,00 €</td>
</tr>
<tr>
<td>Payment 2 courses</td>
<td>25,00 €</td>
<td>35,00 €</td>
<td>40,00 €</td>
</tr>
<tr>
<td>Payment 3 courses</td>
<td>30,00 €</td>
<td>40,00 €</td>
<td>45,00 €</td>
</tr>
<tr>
<td>Payment open</td>
<td>40,00 €</td>
<td>50,00 €</td>
<td>60,00 €</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TABLE 2</th>
<th>Students</th>
<th>Employee</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payment 1 course</td>
<td>180,00 €</td>
<td>270,00 €</td>
<td>315,00 €</td>
</tr>
<tr>
<td>Payment 2 courses</td>
<td>225,00 €</td>
<td>315,00 €</td>
<td>360,00 €</td>
</tr>
<tr>
<td>Payment 3 courses</td>
<td>270,00 €</td>
<td>360,00 €</td>
<td>405,00 €</td>
</tr>
<tr>
<td>Payment open</td>
<td>360,00 €</td>
<td>450,00 €</td>
<td>540,00 €</td>
</tr>
</tbody>
</table>

2) Payment **every three months**. (table three). Payment a year paying every three months (table four). Discount of 5%.

<table>
<thead>
<tr>
<th>TABLE 3</th>
<th>Students</th>
<th>Employee</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payment 1 course</td>
<td>57,00 €</td>
<td>85,50 €</td>
<td>99,75 €</td>
</tr>
<tr>
<td>Payment 2 courses</td>
<td>71,25 €</td>
<td>99,75 €</td>
<td>114,00 €</td>
</tr>
<tr>
<td>Payment 3 courses</td>
<td>85,50 €</td>
<td>114,00 €</td>
<td>128,25 €</td>
</tr>
<tr>
<td>Payment open</td>
<td>114,00 €</td>
<td>142,50 €</td>
<td>171,00 €</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TABLE 4</th>
<th>Students</th>
<th>Employee</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payment 1 course</td>
<td>171,00 €</td>
<td>256,50 €</td>
<td>299,25 €</td>
</tr>
<tr>
<td>Payment 2 courses</td>
<td>213,75 €</td>
<td>299,25 €</td>
<td>342,00 €</td>
</tr>
<tr>
<td>Payment 3 courses</td>
<td>256,50 €</td>
<td>342,00 €</td>
<td>384,75 €</td>
</tr>
<tr>
<td>Payment open</td>
<td>342,00 €</td>
<td>427,50 €</td>
<td>513,00 €</td>
</tr>
</tbody>
</table>
After the membership, silver or gold, in the tables you can see the different ways of payment.

1. Payment **annually** (table five). Discount of 10%.

<table>
<thead>
<tr>
<th>TABLE 5</th>
<th>Students</th>
<th>Employee</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payment 1 course</td>
<td>162,00 €</td>
<td>243,00 €</td>
<td>283,50 €</td>
</tr>
<tr>
<td>Payment 2 courses</td>
<td>202,50 €</td>
<td>283,50 €</td>
<td>324,00 €</td>
</tr>
<tr>
<td>Payment 3 courses</td>
<td>243,00 €</td>
<td>324,00 €</td>
<td>364,50 €</td>
</tr>
<tr>
<td>Payment open</td>
<td>324,00 €</td>
<td>405,00 €</td>
<td>486,00 €</td>
</tr>
</tbody>
</table>
Description: Judo is a martial art, combat sport and a personal Japanese self defense method formally born in Japan with the foundation of Kodokan by Jigoro Kano, in the 1882. The practitioners of this discipline are called Judoka.

Sport and organization manager: Francesca Ripandelli

Who: Students and non

Where: ASD Judo Preneste G Castello, via di Villa Lauricella 4, 00176 Roma

Contacts: 0621701546 alberto.difrancia@tiscali.it alessandra.difrancia@live.it www.judopreneste.com

Requirements: - Silver or Gold Membership

Hours and dates: - Monday: 19:00/20:00 Amateur
- 20:00/21:30 Agonistic
- Wednesday: 19:00/20:00 Amateur
- 20:00/21:30 Agonistic
- Friday: 19:00/20:00 Amateur
- 20:00/21:30 Agonistic

Costs: 15% discount for CUS Members of monthly payment
**Shorinji Kempo**

**Description:**
Shorinji Kempo is based by the union of philosophical teaching and technique; it helps you to achieve and develop self-defense and create good individual skills in self-defense, good body-shape and good to working together. The apprentice is called Kenshi.

**Sport Manager and organization:**
Francesca Ripandelli

**Who:**
Students and not

**Where:**
1) Overload Gym - Via Cristoforo Colombo, 112 RM
2) AS Bodyflex Club - Via del Tintoretto, 310 RM
3) Very Yeah - Via Francesco Massi, 10 RM
4) Emotiondance - Via Carlo Avolio, 60 RM
5) Fitnesscenter Portuense - Via Pietro Frattini, 63 RM

**Contacts:**
1) 065132472 [www.overloradgym.it](http://www.overloradgym.it)
2) 065042921 [www.bodyflex.it](http://www.bodyflex.it)
3) 0689871406 [www.veryyeah.com](http://www.veryyeah.com)
4) 065086909 [www.emotiondance.it](http://www.emotiondance.it)
5) 065559056 [www.fitnesscenterportuense.com](http://www.fitnesscenterportuense.com)

**Requirements:**
- CUS Card

**Hours and Days:**
1) Mon/Wed/Friday: 19:15-20:30 Thu/Thur/Sat 14:00-16:00
2) Mon/Wedr/Friday: 20:15-21:30
3) Thu/Thur/Sat: 18:00-19:00 (children) 20:00-21:00
4) Thu/Thur: 20:30-22:30
5) Thu/Thur: 20:30-21:30

**Cost for CUS Member:**
25% discount of monthly payment.
Aikido is a Japanese Martial Arts practice with naked hands and with white weapon from the Japanese Budo as Ken the sword, Jo stick/cane and Tanto dagger. It is a self defense technique derivated from Ju-Jutsu, who teaches to neutralize the grip or block the beat of one of more opponents. Is based from the projection and rotation of the opponents.

Sport Manager and organization: Francesca Ripandelli

Referent: Germano Tacconelli

Who: Student and not

Where: -Via Avellino 4, 00176 Roma RM - SHIYUNOKAI -Piazza Pio XI, 00165 Roma RM - DOJO

Contacts: 3401019069

Course Structure: 1 year

Hours and Days: Monday 20.00/22.00 Wednesday 20.00/22.0 Friday 19.00/20.00

Requirements: - CUS Card membership : Silver o Gold - No Competitive Medical Certificate (amateur competition)

Cost for Cus Card Member: 40% of monthly payments for a total of 42€ a month.
Description:
Sport climbing is a climbing style which is based on permanent anchors to the rocks as protection-safety. The term is used as contraposition of the traditional climbing. Because the equipment is used exclusively for the insurance, and not helping the progression. Sport climbing is a kind of free climbing. For competition sport climbing is regulated to the International Level by the International Federation of Sport Climbing (IFSC).

Sport Manager and Organization:
Francesca Ripandelli

Referent:
Valeria Galli

Coach and Companion:
Valeria Galli

Who:
Students and not

Where:
Via Tuscolana km 15,700, 000173 Roma ASD HANGAR FRASCATI CLIMBING

Course Structure:
1 year

Hours and Days:
Monday 10.00/12.00
00 Friday
10.00/12.00
Saturday 14.00/16.00
0

Requirements:
- Cus Card membership: Silver o Gold
- No competitive Medical Certificate (Amateur Competition)

Cost: 10% discount of monthly payment

*La partecipazione a tali eventi avviene per meriti sportivi ed etici, parametri stabiliti dall’ Allenatore in collaborazione con il Referente.
Description:
With the Doctor Marco Perrone, Health Services Responsible of CUS with the cooperation of Doctor Iellamo, medical visit for No Competitive Medical Certificate. Medical visit consist, as CONI lead and Italian Health Ministry, in medical visit and electrocardiogram, and arteria detection.

Who:
Student and not students

Where:
Gym of Campus X, via di Passolombardo, 341.

Validity:
1 year from the date report to the certificate

Reservations:
Reservations will be make from previously phone communication with the reference number indicated the promotion reserved of CUS Roma Tor Vergata.

Contacts:
- medicinaesport.torvergata@gmail.com
- +393889772570

Requirements
- CUS Card

Cost for CUS:
- 25€
Description:
As every years in September, with the restart of the sports activities and the opening of new registration is necessary for the members who wants do sport activities with us that the medical certificates competitive and not. It's meaning of the physical validity to the sport practice.

- Competitive needs for: Basket, Pallavolo, Soccer, 5-a-side football, and the all individuals sports.

- Non Competitive needs for 8-a-side football and for the all CUS Course.

Who:
Students and not students

Where:
1) CTR Medical Centre Via Cerda 7, 00100 RM Telephone: 06-2071927 / 393-8250955
2) Health Care Italia Roma S.r.l. Via Emilio Longoni 83, 00155 RM Telephone: 06-22551

Validity:
1 year from the birthplace on the certificate.

Reservations:
Reservations with previous telephone communication by the numbers of reference telling the promotion reserved for CUS Roma Tor Vergata.

Requirements
- To have the CUS Card

Costs for CUS:
- 1) Competitive: 35 € (with urine exam)
  No Competitive: 25 €

- 2) Competitive: 30 € (urine exam necessary carry by the patient)
  No Competitive: 25 €
**Description:**
The physiotherapist is a sanitary operator who has achieved the three-year degree and is expert in motor rehabilitation and in postural re-education.
Physiotherapy serves functional recovery for how much concerns any impairments and motor disabilities whatsoever it is the cause.
Treatments: Tecar therapy, Shock waves, Hyperthermia, Laser therapy, Crioultrasound, Motor Re-education, Postural re-education.

**Who:**
Student and not membership student of CUS Roma Tor Vergata

**Where:**
1) Fisiosport Roma:
   Via Roberto Malatesta 12, 00176 RM Tel. 06-296169 Piazza Alessandria 24, 00198 RM Tel. 06-85866340
   Via Appia Nuova 5, 00182 RM Tel. 06-37895739

2) Health Care Italia Roma S.r.l.
   Via Emilio Longoni 83, 00155 RM n. Tel: 06-22551

3) Studio di Fisioterapia Dario Rinaldi
   Via dei Tordi 12, 00169 RM n. Tel: 3333221567

4) Doct. Ivan Leggeri
   Centro Osteon
   Via Sandro Penna, 24/26, Roma (Tor Vergata) Tel. +393493623229

**Reservation:**
Reservations will be effectuated previous telephone communication by the numbers of reference and indicate the promotion reserved for CUS Roma Tor Vergata.

**Requirements:**
- To have CUS Card

**Costo for CUS Card:**
1) -25% of discount by the structure listino pricing list
2) Look at panel www.cusromatorvergata.it
3) -20€ from the pricing list of the studio.
**Description:**
Scientist method of learning who use the "quality of movement" improving all the daily life functions between the motor scheme re-organization. For whose who practice sport at the all levels the function is to get high performance, prevention and decrease accidents episode. Single Lesson IF, Group Lesson CAM. Teacher Elisabetta Millefiorini (qualified and certificate)

**Who:**
Students and not Students membership of CUS Tor Vergata Individuals and Group

**Where:**
1) Via Luciano Manara 5 Interno 1, 00044 Frascati,
   Telephone: 347 832 0108 (private studio)

**Reservation:**
The reservation will be effectuate previous phone communication by the reference number and suggest the promotions reserved to CUS Roma Tor Vergata or writing a mail to the follow mail address e.millefiorini@ymail.com

**Requirements:**
- To Have CUS Card

**Cost for CUS Card:**
1) Functional Integration (IF) 45 euro singular lesson, to agree with the teacher.
2) Group Lesson (CAM) 40 euro per month with one day meeting:
   Monday: 13.30-14.30
   Wednesday: 13.30-14.30
   Friday: 18.30-19.30/ 19.30-20.30/ 20.30-21.30
Osteopathy is part of patient process/person-centric, consequently, of this path of integration between medicines. This approach offers a system of evaluation, diagnosis and manual treatment aimed at promotion of health, or better, self-regulation individual. Osteopathy is based on the principle that the structure and functions of the body are tightly integrated and that the wellbeing of the person requires adapter capacity compared to questions environmental.

Who:
Student and not students

Where:
1) Doct. Ivan Leggeri:
   Via Colle di Mezzarone, 27, Palestrina (RM)
   Centro Osteon
   Via Sandro Penna, 24/26, Roma (Tor Vergata)

Reservation:
The reservation will be effectuate previous phone comunication by the reference number and suggest the promotions reserved to CUS Roma Tor Vergata.

Contact:
ivan.leggeri@uniroma2.it
Palestrina:
3882543578
Roma: 0672631159
3493623229

Requirement:
- To have CUS Card

Cost for CUS:
17% discount for CUS members.
First visit and treatment 50€
OTHER SERVICES
PIZZERIA

Description:
Pizza is a salt gastronomic product and it consist in a dough based on flour, water and yeast that comes flattened and seasoned with tomatoes, mozzarella and others ingredients and cooked in a wood oven. After a lesson, to celebrate a victory at the end of a day working, the pizza always satisfies every palate.

Who:
Student and not membership of CUS Roma Tor Vergata

Where:
Via di Tor Bella Monaca 497. Roma 00133 RM, SSD ROMA VIII.A.R.L.

Validity:
1 year

Reservation:
Reservations must be made prior to communication phone using the reference number.

Contact:
+39 3487222098

Requirements:
- CUS Card (Silver or Gold)

Cost for CUS Card
Menù Pizza: Pizza + Soft Drinks + Coffe 7.50 euros
The nominative CUS Card must be viewed from the staff every time.