



**Walter Bolognani** - one of the most famous Italian Swim trainer, great mate of Swim Star 2000 Swimming Club, Belgrade, ex-President of Rari Nantes Trento SC, three times coach of the National Olympic team of Italia, now Head Coach of SC Ghirlandina, Modena (ITA) and Co-Editor of the most valuable European Web Swim Portal ([www.nuoto.it](http://www.nuoto.it)), turned to the swim media and people by the promoting of the exclusively new ADN Swim Project - a small but high important revolution in the professional swimming. In the next rows bellow, you may introduce the basic of the project that is dedicated predominantly to the swim interests of the Southern Europe. For more info, please contact us via [rasula@beotel.yu](mailto:rasula@beotel.yu) or directly the author via [walter@nuoto.it](mailto:walter@nuoto.it)

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## Discovering the ADN Swim Project

An innovative swimming project hosted by GETUR, Italy



Coach team

Lignano Sabbiadoro is the stage for a small but significant revolution in the concept of professional swimming, unprecedented in southern Europe. We already happened to mention the "**ADN Swim Project**" on a couple of occasions, and curiosity led NPI to Friuli to take a closer look.

The resourcefulness of coach **Andrea Di Nino**, combined with the experience he gained in the States at Coral Springs (but also in Italy, in Greece, and in Cyprus, culminating with the participation in the Athens Olympics in 2004) led to the creation of a simple yet effective and unique programme for those wishing to compete at high levels. Di Nino's project is structured as follows:

**THE FACILITIES** – Lignano Sabbiadoro (close to Trieste, Italy) is the current and undoubtedly ideal location due to the spectacular [GE.TUR](http://www.getur.it) facility managed by *Federico Gross*. A center that offers ideal conditions both with respect to lodgings as well as to swim training and dry-land training. Indoor 50 m and 25 m pools, a fully equipped gym, restaurant and lodgings just a few steps away in the comfortable small buildings of the Ge.Tur village (as well as a sports hall and convention hall seating up to 1,000 that meets the requirements for any sort of meeting).

**THE TEAM** – The first-rate staff, highly professional and offering a comprehensive range of proposals. Every detail is considered. Meet the staff:

**Andrea Di Nino** – head coach

**Alessandro Bortolus** – assistant coach

**Stefano Tracanelli** –physiotherapist

**Alberto Gabbi** – reeducation specialist

**Alessandro Milan** – sports medicine doctor

**Giancarlo Stradolini** – team manager

**Giuseppe Di Giulio** - logistics

**EXTRA** – Cooperation with the University of Udine for every kind of scientific support needed and for the various functional evaluations and tests those need to be carried out during the season. Team manager Stradolini helps solve any problems with paperwork and also devotes his attention to the interests of the athletes beyond sports, helping them satisfy their cultural and educational needs and even helping them organize their free time (assistance is provided for any moment "outside the pool",

The pioneers of this experience are three great athletes and protagonists of Brazilian and international swimming. Here are their names and a brief bio:



F.Netto de Jesus

**Flavia Neto de Jesus** – the youngest of the three, a first-class sprinter; after the excellent results obtained in Brazil she's ready to claim a place among the greats on the international scene. She gave proof of her potential at the "Città di Bolzano" meet, improving her performance of last September at the Brazilian National Championships, and appearing to be in ideal shape.



F.Scherer

**Fernando Scherer** – the active swimmer with more medals in the history of Brazilian swimming. In 1993 he was World Short Course Champion in Palma de Mallorca in the 100m freestyle, and record holder with the 4x100 short course freestyle relay. In 1994 - bronze medal at the Rome World Championships with the 4x100 freestyle relay. In 1995 he won gold at the Pan American Games in the 50m free, and two gold medals at the World University Games in Fukuoka in the 50/100 free.

World Short Course Champion in Rio in the 100m free and in the 4x100 freestyle relay. Winner in the Latin Cup. In 1996 bronze medal in the 50 free at the Atlanta Olympics and fourth with the 4x100 freestyle relay. 1998 – Athlete of the year in the contest promoted by the magazines Swim World, Swim and Swim Technique. 1999 – Four medals at the Pan American Games in Winnipeg. That’s not all: Brazilian Champion for seven consecutive years in the long course 50m and 100m freestyle. No doubt about it, he’s a real monument of Brazilian swimming.



F.Molina

**Fabiola Molina** - the Brazilian swim Champion... In the news section of her website she already speaks of her European experience, approached with a very proactive attitude and great enthusiasm by the champion. Fabiola Molina was born in 1975. She has won 51 National Brazilian titles, holds 10 Brazilian records.

Molina has been three times bronze medal winner at the Pan American Games, Olympic athlete, has taken part four times in the World Championships and has won a silver medal at the World University Games... just to mention some of her many titles.

**OPINIONS & EXPERIENCES** - A questions about “how being in Lignano and with Di Nino is” are quickly answered by a few satisfied statements uttered with great certainty.

The most spontaneous and talkative of the athletes is **Fernando Scherer**, 31 years old and father of 9-year-old Isabella; his athletic achievements have been briefly mentioned above; he is now also a businessman ([HAMMERHEAD - click !](#) is the website offering his products). What all three athletes express is clear in the words of Fernando, who by nature is apt to speak plainly and says ... .. “... There’s a very serious and clear project here, there’s a well-prepared coach who we know and a high-quality staff ...” We can work at our best with the conditions offered by GE.Tur and this will allow us to produce results, results which will come, and about which we are thinking in the medium run ... ” To pay for swimming? .... We honestly don’t find it so crazy; yes, we pay, but what we get in exchange is first-class and the people managing us also deal with our signing fees in the various meetings and with media relations, so it’s true, we pay, but what comes back both directly and in future prospects is much more than what comes out of our pockets ...

**Fabiola Molina** diverts the attentions of everyone, not just because of the fact that she is the most famous woman swimmer in Brazil, but because of her dazzling smile. She shares Fernando’s opinions on this athletic project which, in her case, has been chosen at 30 years of age.

“ ... I, too, have chosen this experience and decided to invest upon it in a period that will take me to the Pan American Games of 2007 in what I hope will be a great shape ... ”

“ ... I finished university in the United States and now I’m focusing on swimming, without, at the same time, forgetting my business activity, a collection of bathing suits I personally use even when racing ... ”

“ ... As for the future, I have lots of projects. Now I’m here and I just want to think about doing my work as an athlete as best I can. I am considering the idea of having my boyfriend join me here, I would like to marry him next year in November and have him study here in Italy ... ”

“ ... I also think that one day, not too far away in the future, I will be a mother as well as a wife, but for the time being my main objective is still related to lanes and swimming events ... ”

" ... Fernando has already told you about the experiences of personal training, I can add that there is a much greater possibility to compete at high levels here than in Brazil, and, in some ways, even than in the States. In shorter distances than in the States you can compete with the best athletes in the world ... "

During all this time the "little girl", **Flavia Neto de Jesus** (23 years old) has remained quietly perched on her chair without missing a word or a gesture of her companions. Unlike Flavia and Fernando, she admits she is a bit homesick (has saudade) for her country, but she tells me right away she has a degree in Pharmacy and wants to get a master's degree here in Italy; her Italian is therefore much better than that of the others, and we certainly appreciate her attempt to speak in our language.

Flavia's dreams are those of any young and talented athlete in the world: to improve, to win, to take part in the Olympics and then... Who knows... What is also striking about Flavia, however, is her serious expression, which reveals her determination; her reserve reminds me of the women from my home and seems somewhat unusual for a Brazilian from Santos. There is no doubt she, too, has her mind all made up.



ADN Swim Project team -- Stradolini - De Jesus - Scherer - Molina - Di Nino

As we walk towards the restaurant a few more words, smiles, and pictures are exchanged, along with a few more positive comments on this experience in Italy and particularly in Lignano; at the restaurant everyone seems to delight in spoiling the athletes.

Team manager Stradolini is perpetually moving about to meet their needs, whether great or small, and coach Di Nino expresses a well-founded, admirable and enthusiastic belief in his project. As we have said, it is a simple idea but one that goes "against the tide" (at least here in Italy): a chance open to any athlete who wants to rely on a high-quality structure and staff to spend a shorter or longer period of time working here, treated as a king or queen and constantly at the center of attention of the "ADN Swim Project" Team.

After all, if you would like to get in touch with the people of the **ADN Swim Project** directly just send e-mail to [adinino@gmail.com](mailto:adinino@gmail.com)

*Written by Walter Bolognani, Nov. 2005*

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This promotion is prepared by [Igor Rasula](#) (OC, Michigan, USA) - Nov. 2005

**SWIM STAR 2000**  
Swimming Club Belgrade

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