



**WAVE ITALY**  
IMMERSIVE RACING

**ATHLETICA**  
sports conditioning & rehab

## DATA DRIVEN PERFORMANCE FOCUSED



### PERFORMANCE

Get the most out of your track performance with our personalized training.

### BACKGROUND

Over a decade of experience in Motorsport Training; from karting to F1.

### GROWTH

Develop your driving skills from karting with our proven method.

### METHOD

Revolutionize your sport-specific training with our Athletica Method.

### ADVANCED TECHNOLOGY

Our advanced simulators help you surpass your limits and reach your full potential.

### TEAMWORK

The power of teamwork: experts in Human Performance, Physiotherapy, Osteopathy, and Nutrition.

### METHOD

A proven method to reach your driving maximum performance.

### DEVELOPMENT

Personalized programs tailored to unleash your potential: enhance performance and increase your wellbeing.

### COMPETITIVE EDGE

Get a competitive edge over your opponents with our top-notch preparation.

### 24/7 SUPPORT

We've got your back, on and off the track: race weekend support and local coaching solutions.





## CONTACTS

Mobile / Whatsapp:  
+39 348 850 4127

e-mail:  
[WMA.Performance.Focused@gmail.com](mailto:WMA.Performance.Focused@gmail.com)



# TRAINING CAMP

## SERVICES INCLUDED

- Besides integrated services during the racing season, we organize integrated training camps during off-season time: Winter, Summer, Fall. They are turn-key packages inclusive of lodging and transportation;
- The training camps comprise all of the tailor made services relevant to the performance development and growth at the athletic and mental level involving directly track and simulator time;
- The camps are set to track specific progress in specific development areas over the three time periods.

## THREE CAMP SESSIONS

## DURING THE YEAR

## PERFORMANCE

Athlete mental performance evaluation through the innovative Enhancement Psychology® method.

## METHOD

Scientific methodology: data driven, performance focused.

## TALENT

Enhancement Psychology® integrated mental training to boost talent.

## GOALS

Tailor made objectives and paths to reach them

## TRAINING

Our trainers have specific university background focusing on young people growth.