



INTERNATIONAL VOLLEYBALL CAMP

#CSUTGM

SECOND EDITION
23 - 30 JULY 2023





#CSUTGM INTERNATIONAL VOLLEYBALL CAMP

23 - 30 July 2023

Romania, Targu Mures

About us

Târgu Mureș University Sports Club (CSUTGM) was established in 2001 in order to support and develop sports performance and sports science by providing an adequate framework for training and education of performance athletes, to get involved in sports activities and educational campaigns for the population, promoting the achievements of local sports and fair play at local, regional and national level, throughout the collaborations with private and public partners.

Under the guardianship of the George Emil Palade University of Medicine, Pharmacy, Science, and Technology from Târgu Mureș (UMPhST), the Targu Mures University Sport Club benefits from an exceptional sports base, with modern facilities. It consists of two gyms, four tennis courts, two mini-football fields, a bodybuilding room, a fitness room and the "Salus per Aquam" Recovery and Training Center - the aquatic complex with a swimming pool, massage parlor, jacuzzi, wet and dry saunas, all aimed for both performance and





amateur athletes. The sports activity of the club members and the academic community also takes place in the new modern gym of the University, named after the great swordsman Dr. Pongrácz Antal. The university has its own canteen, restaurant and accommodation available to athletes. We consider UMPHST an extension of the club, where dedicated and educated professionals with a PhD in medicine, psychology or physical and sports education, advise and design training programs for our sports members.

Since 2011, the National University Center of Excellence in Volleyball, established at the level of the University Sport Club, aims to select and train talented young players who have the potential to become future members of the national volleyball team or to play in international competitions. The firm training concept as well as the provision of the specialized physical, technical and tactical training framework was confirmed by the results that this center of excellence has obtained over time: six national titles, five vice-champion titles and three bronze medals at youth level in national championships.



Our goals

This year, CSU Targu Mures and the University Center of Excellence in Volleyball aim to organize the second edition of the international volleyball camp in order to continue to promote this sport at local, regional, national and international level.

This initiative aims to actively and significantly contribute to the fulfillment of the mission of the National University Center of Excellence in Volleyball, which refers to the development of volleyball in Romania, the involvement of performance athletes in events that can fundamentally contribute to increasing their performance, attracting the local community to sports activities, including the volunteering activities.



The event will take place in Targu Mures, between 23rd and 30th of July 2023, and will host approximately 200 people - players, coaches, physical trainers, and volunteers, in order to improve the volleyball training at the level of technique and tactic through seminars, workshops, and theoretical courses.

Some of the best volleyball coaches and physical trainers in the world will come together to give participants, for seven full days, the training experience and the opportunity to be around the best volleyball trainers in the world.

Target

The camp is designed for:

- female athletes between the ages 14 and 21 who want to maximize their volleyball skills, in the amazing George Emil Palade University of Medicine, Pharmacy, Science, and Technology of Târgu Mureş sport facility, learn the skills, techniques, and knowledge of volleyball;
- volleyball coaches who will take part in technical, tactical and mental, theoretical and practical approaches, at the highest professional level;
- physical trainers who will take part, together with the invited specialists, in all the coordination sessions of the training activities for the camp players, following the physical training plan and programs in order to increase the physiological potential of the athletes and develop the motor qualities at the highest level;
- volunteers who have the opportunity to enrich their experience in such a sporting event.

All seminars and workshops will be assisted by translators in Romanian, Italian, French, and English.



**WE TRAIN
YOU PLAY!**

INTERNATIONAL
VOLLEYBALL
CAMP #CSUTGM

10 - 17 JULY 2022



Our experts:

Coaches: Bosetti Giuseppe, Franca Bardelli, Mauro Grasso, Milagres Paulo de Tarso

Physical trainer: Nicola Bacaloni

Giuseppe Bosetti

World junior runner-up in 1997, ten Italian junior and youth national champion titles from 2006-2017, two Turkish junior national champion titles in 2018-2019, founder of the Orago club where he trained some of the most valuable players in Italy and in the world such as: Eleonora Lo Bianco, Manuela Leggeri, Elisa Togur, Francesca Picinini, world champions in 2000 in Berlin. Giuseppe Bosetti is one of the most valuable junior coaches in the world. His involvement has now led him to the position of technical director of the junior teams of the most valuable volleyball team in Europe, Vakifbank Istanbul.



Franca Bardelli

Eight national champion titles between 1981 and 1989 as a player, co-founder with Giuseppe Bosetti of the Italian club Orago, winner of fifteen national titles in the Italian championship, and four national titles in the Turkish championship with Vakifbank, with an experience of over 40 years in coaching young players. Currently coach of the junior team at Vakifbank with Giuseppe Bosetti.

Nicola Bacaloni

Weightlifting technician and coach of over 40 athletes, his topic of interest is centered around two important topics, which have also materialized in the central themes of his bachelor's degree (2020) and dissertation thesis (2022): assessment and physical training of the U 16 category volleyball team and weightlifting among young people: statistics and methodology.





Milagres Paulo de Tarso

He comes from the country where volleyball is the most popular sport. With 26 years of experience in coaching, especially in the training of young players, the Brazilian Milagres Paulo de Tarso joined in 2022 the technical team of CSU Târgu Mureş in the current season. In our international camp, we rely on his experience, being the only coach in Brazil who obtained the title of national champion in all age categories in the youth sector: U13, U16, U17, U19 and U 21. Winner of the Brazil Cup in 2015 with Sesc - Rj/ Flamengo women's senior team, four-times winner of the Sao Paulo Cup, and 6th place in the Polish Women's National Volleyball Championship of the first league in 2021.

Mauro Grasso

Mauro has coached all over the world for the past 35 years and is considered one of the best volleyball minds in the world. His coaching career has taken him from his homeland in Brazil where he coached many Olympians both in beach and indoor volleyball to Italy, Qatar, and Puerto Rico, to name only a few. He played at the highest professional level in Brazil and has led many professional teams to championships in their respective leagues. He has worked extensively with junior players on 4 different continents and has had success everywhere he has been.





INTERNATIONAL ATHLETE GOLDEN all included - 7 days



- Accomodation for 7 days in the historic center of Târgu Mureş, at Grand Hotel**** with full board
- Airport transfer to the accomodation
- Sports training base access – relaxation and socializing activities
- 10 volleyball trainings
- 2 theoretical video analysis seminars
- Personal development and mental coaching workshop
- Nutrition workshop
- Daily relaxation and socializing events
- Custom volleyball jersey for training
- Welcome kit

450 EUR Early Bird – 500 EUR Standard

The price does not include travel expenses.





INTERNATIONAL COACH GOLDEN all included – 7 days



- Accomodation for 7 days in the historic center of Târgu Mureș, at Grand Hotel**** with full board
- Airport transfer to the accomodation
- Sports training base access - relaxation and socializing activities
- 2 physical training and effort evaluation workshops
- 10 volleyball trainings
- 4 theoretical video analysis seminars
- Personal development and mental coaching workshop
- Nutrition workshop
- Daily relaxation and socializing events
- Custom volleyball jersey for training
- Welcome kit

450 EUR Early Bird – 500 EUR Standard

* If you sign up with your team - your costs are fully covered!
The price does not include travel expenses.

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CAMP
TÂRGU MUREȘ
10-17 JULY 2022
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ROMÂNIA DE VOLEI
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