

# The preparation of the competitive team of Spello continues without pause

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After participating at the Collegiate held at the Sports Centre of the Yellow Flames in Ostia, a tough week with intense workouts in the morning and in the evening, Massimo Mancini and Michael Balzana are preparing for the next international competitions at the headquarters of Spello. Michael certainly will participate in the European Cup in Sindelfingen, Germany, together with his teammate Alessandro Binucci, while Massimo is considering the possibility of taking part at the tournament in Berlin, a competition reserved for the junior class. Meanwhile, all members of the competitive team are following a program of physical work under the guidance of Coach Fabio Morettini and Ilaria Silvani of Terni, "personal trainer" of the Italian Champion Massimo Mancini, and a session of randori, every Tuesday at 19, for the entire month of July.