

General Information

Country:	ITA
Gender:	F
Handedness:	Right-handed
Date of birth:	1985-07-18
License:	18071985004

Further Personal Information

Family	Husband Andrea Lo Coco, son Samuele [2013]
Residence	Italy
Occupation	Armed Forces Athlete
Languages	English, Italian
Higher education	Sports Science - Tor Vergata University of Rome: Italy

Sport Specific Information

When and where did you begin this sport?	She began fencing at age 10 at the Societa Gemina Scherma club in San Giorgio di Nogaro, Italy.
Why this sport?	"I got into the sport almost by accident. In the summer I was canoeing with my older sister Grazia and my parents told us about fencing and how we could take it up during the winter. Grazia took it up first with my brother Enrico, then I tried it with my other sisters."
Club / Team	CS Esercito: Italy
Name of coach	Roberto Cirillo [national], ITA; Andrea Lo Coco [fitness, husband]
Training Regime	On a typical day she does fencing training in the morning, followed by a physiotherapy session. In the afternoon she focuses on physical training.
Handedness	Right

General Interest

Hobbies	Photography, travel, cycling, cooking. (Instagram profile, 11 Mar 2021; maranavarria.it, 03 Dec 2020)
Memorable sporting achievement	Winning bronze in team epee at the 2020 Olympic Games in Tokyo, and claiming gold in individual epee at the 2018 World Championships in Wuxi, People's Republic of China. (gazzetta.it, 18 Dec 2021)
Injuries	She underwent knee surgery in early 2022. (Instagram profile, 04 Feb 2022)
Sporting philosophy / motto	"Work is a profession, free time is an art." (Facebook page, 15 Jun 2019)
Awards and honours	In 2021 she was named Knight of the Republic of Italy by the president of Italy. (messaggeroveneto.gelocal.it, 12 Nov 2021) In 2019 she was presented with the Villa Montallegro Trophy at the Liguria Sports Gala in Italy. (stellenellosport.com, 28 May 2019)
Famous relatives	Her sister Caterina and her brother Enrico have both represented Italy in fencing. Enrico was 15th in individual sabre at the 2009 World Junior Championships in Belfast, Northern Ireland, while Caterina won silver in team sabre at the 2015 European Games in Baku, Azerbaijan. Her husband Andrea Lo Coco has served as physical trainer of the Italy national fencing team. (SportsDeskOnline, 08 Jul 2015; pianetascherma.com, 24 Apr 2014; Andrea Lo Coco Twitter profile, 06 May 2019)
Ambitions	To compete at the 2024 Olympic Games in Paris. (calciofemminileitaliano.it, 11 Apr 2024)
Other information	FURTHER EDUCATION In 2020 she began studying for a master's degree in sports marketing and management at the Tor Vergata University of Rome. "Due to the enforced break from the usual daily activities [because of the COVID-19 pandemic] I decided to continue my university education with a master's programme, a choice dictated primarily by my love for sport and my curiosity to discover and study new roles and professions." (LinkedIn profile, 10 Mar 2021; maranavarria.com, 03 Mar 2021) DEATH OF COACH Her coach Oleg Pouzanov died in December 2015. The pair had worked together since 2005. Later that month, she won gold at the 2015 World Cup event in Doha, Qatar, and showed the palm of her left hand with the name 'Oleg' written on it while she was on the podium. "I did what the master would have wanted. I have to thank many people but today, this success is all for Oleg." (esercito.difesa.it, 10 Dec 2015; federscherma.it, 03 Dec 2015)