

# Federico Bergamasco Sports Curriculum

Seasons 2024/2023/2022

## Personal Information:

- Place of birth: Genoa
- Date of birth: 30/09/2005
- Residence: Genoa
- Sport: Competitive sailing
- Qualifications: Dinghy sailing instructor with specialization in Foil and Parasailing
- FIV card no. 957249
- Social networks: instagram \_fede\_berga\_
- Phone: +39 3928236004
- E-mail address: flipperberga@gmail.com



# Who am I?

Under 21 world champion and Italian champion in the Waszp class, son of sailors, I started sailing even before I was born, at the age of 6 with the Optimist, at 10 with the O'pen Bic, at 12 with the 420 and at 15 with the 29er.

Attracted by speed; for years motocross and skiing partially distracted me from sailing, until the day I tried the Waszp, a perfect concentration of speed, balance, technique and action.

Since 2022 I have been practicing it assiduously at high level followed by the professional technicians of the DryLaps team, with whom I have daily personalized training in the water and in the gym for a total of about 250 days per year.



# 2022

- Participation in the Italian Italia Cup 29er class circuit
- Participation in the Italian Youth Championship in doubles
- Participation in the 29er class World Championship
- Victory for the crew at the "151 miglia" offshore sailing regatta ORC class group B
- Class upgrade from 29er to Waszp



# 2023

- 3rd place Dry Laps regatta
- 4th place under 21 EuroCup Imperia
- 3rd place under 21 Coppa Italia Castiglione della Pescaia
- 2nd place overall interzonal regatta Lake Como
- 18th place overall in the European Quiberon Championship
- 5th place under 21 European Quiberon Championship
- 2nd place Italian Youth Championships under 19 Ravenna
- 5th place overall Italian Championships Lake Como
- 2nd place under 21 Italian Championships Lake Como
- 2nd place Sail GP inspire Taranto
- 2nd place overall Spanish Championship Barcelona
- 3rd place Sardinia Sailing Cup

# 2024

- 1st place overall Dry Laps regatta
- 4th place overall Eurocup Imperia
- 1st place under 21 Eurocup Imperia
- 3rd place overall Italia Cup Bellano
- 1st place under 21 Italia Cup Bellano
- 4th place overall Italia Cup Dongo
- 3rd place Sandefjord World Championships
- 1st place World Championship under 21 Sandefjord
- 1st place Italian Absolute Championship
- 1st place Italian Championship under 21
- 3rd place Sardinia Sailing Cup



# 2025

- 2nd place overall III Winter Series Barcelona
- 2nd place overall Foiling Week Pensacola
- 1st place overall under 21 Foiling Week Pensacola

## Future Plans and Goals (2025)

- Winter physical preparation and training to better face the 2025 season Waszp class and the related world championship in Weymouth
- Nomination for the selection of the new Luna Rossa team for the Youth America's Cup
- Cognitive approach to the new foil drift (Switch) that could become the next new Olympic class