

Rome, 9 October 2018

To the kind attention of  
All FMSI Members  
All Presidents of Regional Committees and Regional Delegates  
All Presidents of AMS affiliated to FMSI  
CC: Members of the Federal Board of Directors

Dearest All,

I am delighted to announce that our next FMSI XXXVI National Congress will take place in Rome, at the Congress Centre of the Hotel “Rome Cavalieri”, from 27<sup>th</sup> to 29<sup>th</sup> March 2019.

The National Congress always represents the most significant scientific and cultural moment for our vocational training and professional development, being also a very important occasion to meet each other and a moment of constructive discussion among all FMSI Members.

This particular Congress is also loaded with a special meaning: we will celebrate the 90<sup>th</sup> Anniversary of the Federation’s Foundation. An extraordinary path lasted 90 years, during which the FMSI changed from a Federation of services to a Scientific Society, point of reference at international level, aimed to embody and defend – in Italy and around the World – the excellence of the “Italian model” which arises from the university system, the sports system and the law system of our Country: from the protection of athletes’ health through the obligation of the certification of eligibility for sports, to the fight against doping and the scientific research applied to physical activity.

For this reason, we decided to realize a Congress which – as you can appreciate from the draft of the Scientific Program – will add a great value to the breadth and to the cross-cutting nature of Sports Medicine, focusing on prevention - primary, secondary and tertiary – through the prescription of the right dose of exercise as fundamental tool for risk reduction and, consequently, for the improvement of the so called “biological age” compared to the “chronological age”.

Themes of the event will be not only cardiology applied to Sports or neuroscience correlated to movement, but also the best way to transfer the know-how of Sports Medicine from the élite athlete to the whole civil society, in order to make it aware that physical activity means health and that Sports is a social value, without forgetting current issues such as the liability of the Certifying Doctor and the Team Doctor.

Thanks to the speeches of world’s top experts on these subjects we will attend to high level lectures about the main current topics of Sports Medicine and its relation with scientific research.

Moreover, we will offer to young people special spaces in order to give them the opportunity of presenting relations and posters.

The Program will include three theoretical-practical courses about infiltrative therapy, rehabilitation of the athlete and functional assessment of the athlete which will take place two days before the Congress.

But, most of all, it will be a moment of aggregation and sharing, to celebrate and relive the “Federal collective memory” which, starting from the memory of the founding fathers of Sports Medicine, will tell the story of the most important moments and of the most significant projects of the history of our Federation.

This is to underline how important is the participation of all of us to the Congress of the 90<sup>th</sup> Anniversary, which represents the real occasion of participation to our Federation’s life.

Say “I will be there” to celebrate the 90<sup>th</sup> Anniversary of our Federation, testifying with your presence the strength of associative dynamics.

It is true that this extraordinary path of 90 years of history is the result of the contribution of many of our Doctors, who put at our disposal their knowledge and expertise, but it is also true that we have to keep on defending and emphasizing our spirit of togetherness, as this is the real engine that allowed FMSI to take a route sometimes difficult, but always full of outstanding successes.

Looking forward to shaking your hands and welcoming you in person, I’m waiting for you in Rome on 29<sup>th</sup> March 2019!

Maurizio Casasco

A handwritten signature in black ink, appearing to read 'M. Casasco', written in a cursive style.