



General Information

Country:	ITA
Gender:	M
Handedness:	Right-handed
Date of birth:	1989-11-22
License:	22111989000

Further Personal Information

Family	Partner Mariavittoria Cozzella
Residence	Terni, ITA
Occupation	Armed Forces Athlete
Languages	English, Italian
Higher education	Physical Education - Sapienza University of Rome: Italy

Sport Specific Information

When and where did you begin this sport?	He took up the sport at age six at the Circolo Scherma Terni club in Italy.
Why this sport?	He followed his older brother into the sport. "I fell in love with the sport and the people I met - maybe that's why I lost my head in fencing."
Club / Team	Circolo Scherma Terni [ITA] / CS Aeronautica Militare [ITA]:
Name of coach	Filippo Romagnoli [personal]
Training Regime	He had outdoor training sessions with fitness coach Walter Cutri in the lead-up to the 2020 Olympic Games in Tokyo. "In my first years as a professional I only did weights to develop strength, but then thanks to Walter I realised I had to develop complex strength. Lifting a rock that has an uncomfortable and unbalanced shape forces you to use internal resources, in addition to just muscle strength. Balancing on tree branches follows the same principle - coordination, strength and concentration, as well as doing exercises on uneven ground and at adverse temperatures."
Handedness	Right

General Interest

Hobbies	Watching movies and television series. (sport.sky.it, 24 Jul 2018)
Memorable sporting achievement	Winning two gold medals at the 2018 World Championships in Wuxi, People's Republic of China. (sport.sky.it, 24 Jul 2018)
Hero / Idol	Italian fencer Simone Vanni. (repubblica.it, 25 Jul 2018)
Famous relatives	His partner Mariavittoria Cozzella is an actress and has featured in films and television series in Italy. She has also competed in fencing at national level. (sporterni.it, 16 Jul 2021; donnaglamour.it, 10 Oct 2020)
Ambitions	To compete at the 2024 Olympic Games in Paris. (umbria24.it, 16 Jan 2022)
Other information	<p>PATIENCE PAYS OFF He was not selected for the Italy fencing team ahead of the 2016 Olympic Games in Rio de Janeiro. However, his friend Daniele Garozzo won gold in individual foil in Brazil, which inspired Foconi to refocus on his own career. He went on to win gold in both individual foil and team foil at the 2018 World Championships in Wuxi, People's Republic of China. "Watching [Garozzo] winning gold made me very happy but at the same time it changed something inside of me, it sparked a crazy desire to join him. I committed myself like mad. I had been the ugly duckling, suffering many blows. I had watched a lot competitions from the stands because I got eliminated. But all of it was helpful. I recognised the benefits of not quitting. I have always smiled and had the will to never surrender. I am the example of someone who works hard and achieves his goal." (sport.sky.it, 24 Jul 2018)</p> <p>OTHER ROLES He has coached young fencers at the Circolo Scherma Terni club in Italy. "If I can be a role model for all the kids that approach fencing or whatever other sport, teaching them that with sacrifice and will they can go far, I will be very honoured." (avvenire.it, 05 Sep 2018)</p>