

# *Firenze* **TRISOME** Games *2016*



**July 15th - 22nd 2016**



**DON'T MISS OUT!**  
**#tg2016**

**NEWSLETTER #1**



# WE ARE WAITING FOR YOU

## INVITATION BY SU-DS



**Dear Friends,**

It gives me great pleasure to invite you to this great event.

This will be the first Trisome Games that will bring together all the Sports for people with Down syndrome.

This will be our Olympic Games for:



Athletics



Swimming &  
S. Synchronized



Rhythmic & Artistic  
Gymnastics



Judo



Tennis Table



Tennis



Futsal

I hope we will have 1,000 athletes and team staff at this event and, of course, hundreds of family and other supporters.

The venue in Florence is both beautiful and unique. The Sports facilities are first class and all within a few minutes walk – so everyone will be able to see the other sports when they are not competing in their own sport.

Now, don't delay, send your Intention of Participation in now.

I look forward to seeing you all in July 2016 in Florence.

Sincere best wishes,

**Geoff Smedley**

Chief Executive Officer  
Sports Union for Athletes with Down Syndrome

# ORGANIZING COMMITTEE

ITALY  
FLORENCE



REGIONE  
TOSCANA



# WELCOME

## GREETINGS



### »»»»»»»» SU-DS

GEOFF SMEDLEY



Dear Friends,

I would like to welcome you to the first Trisomy Games 2016 Newsletter. Between now and next July we will be bringing you regular updates and information about the Games.

This event is going to be the most exciting event ever staged for athletes with Down syndrome. With so many sports and such great venues this is an opportunity you do not want to miss.

I know that many of our great athletes are already training hard. Some have other competitions for them to work for in their preparation for Florence, and I expect to meet many of you for the Open European Swimming in Loano, Italy, and again in Italy, the World Gymnastics in Milan and finally in Bloemfontein, in South Africa, the World Athletics and Table Tennis.

For the rest of you, keep training, nine months will come and go so quickly and then we will all meet in Florence.

Until then, best wishes to you all,

### »»»»»»»» FISDIR

MARCO BORZACCHINI



When the proposal came to host the first edition of the Trisome Games in Italy, I immediately thought that this event would have not only represented for our country a sporting event capable of bringing together five continents, but especially a moment for cultural growth and an important opportunity to raise awareness about the Paralympic

movement.

For years people with Down syndrome have had the possibility to excel in competitive sports with the highest results in terms of athletic and especially personal development, since athletics play an essential role in improving the quality of their lives. For the first time in history, we will see together at the same time in nine sports, athletes with Down syndrome who will compete as pure athletes for medals, for glory and posterity, their own and that of the country they represent. This all fits in with one of the goals of the Italian Paralympic committee, which, as I like to repeat, is to ensure the maximum diffusion of the idea of the Paralympics and the most fruitful launch of sporting events for disabled persons and thus events like the Trisome Games constitute the launching pad for

stirring the collective consciousness.

The choice of Florence was deliberate and calculated: we want to give the world a progressive image of our country in the realm of sports, but at the same time our task is to make known the beauty, hospitality and warmth of Italy. Florence – cradle of our society – fully embodies these characteristics and therefore, I am sure that those who participate in this event will return to their homes with a positive, beautiful image of our beloved peninsula. A special thanks goes to the Regione Toscana and to the Comune di Firenze and all the other institutions, which, brick upon brick, are building the framework of a house that in July will be ready to host the world inside.

The Local Organizing Committee, supported by FISDIR – Federazione Italiana Sport Disabilità Intellettiva Relazionale (Italian Sport Federation Intellect Relational Disabilities) – will have a difficult but exciting task, trying but at the same time full of satisfaction, the first being to witness young men and women become warriors on the field, ready for battle to win a medal while on the outside smiles will be plentiful, making the atmosphere of Florence unique as it feverishly awaits the Trisome Games 2016.



# WELCOME

## GREETINGS



### »»» CIP PRESIDENT

LUCA PANCALLI



We are waiting for the participation of a lot of athletes from 5 continents, competing in 9 sport disciplines. For the first time we will assist to Games dedicated exclusively to athletes with Down Syndrome and Florence will be the setting of such a competitive event, a magnificent setting that

will be able to welcome and make talented young men and women from all over the world feel at home. It is with a special pride that I greet these Games for people with Down Syndrome, because it will be Italy to host the events, a privilege to be proud of, and it will be the showcase for extraordinary abilities that display these young people when they play sports and exemplify a socialization which is the driving force of growth and exchange.

When we speak about athletes with Down syndrome, it is

an extremely wide field, in numerical terms and even more in terms of athletic performance, an aspect that is still full of surprises and needs more exploration. To you, strong from the support of the family, the first motor of any personal achievement and growth, strong from the work done by sporting clubs, strong from the support of coaches able to scout out talent and demand the best from each one of you, strong from the volunteer network without which this event could not be possible, I send you my best wishes.

Give yourself a chance, exercise the right which belongs to everyone. Demonstrate in these highly awaited Trisome Games 2016, that playing sports means becoming the protagonist of one's own life, setting goals and measuring the results. Playing sports as disabled persons sets a double challenge: the difficult one with ourselves plus the even more difficult one of prejudice; but it also means that everyone has the full freedom to choose. And every event like this one, for which I wish you the greatest success, is the most effective publicity.

### »»» LOC PRESIDENT

ALESSIO FOCARDI



It is my joy as a Florentine, a paralympic athlete and president of LOC, to greet all those who will participate in the first Trisome Games.

I am certain that Florence will welcome all the athletes warmly and will offer each one the possibility to enjoy its many artistic and natural delights.

I am an athlete who has participated in many international events, and knowing that now a similar event is taking place in my city, in the year of the Paralympiads, fills me with pride.

Our staff and the people involved in organizing the Games are doing their best to leave with each of you a lovely memory and I am sure that when you meet them you will appreciate them not only for what they are doing but especially for what wonderful people they are.

I await you, numerous and enthusiastic.

### »»» PRESIDENT TUSCAN REGIONAL COUNCIL

EUGENIO GIANI

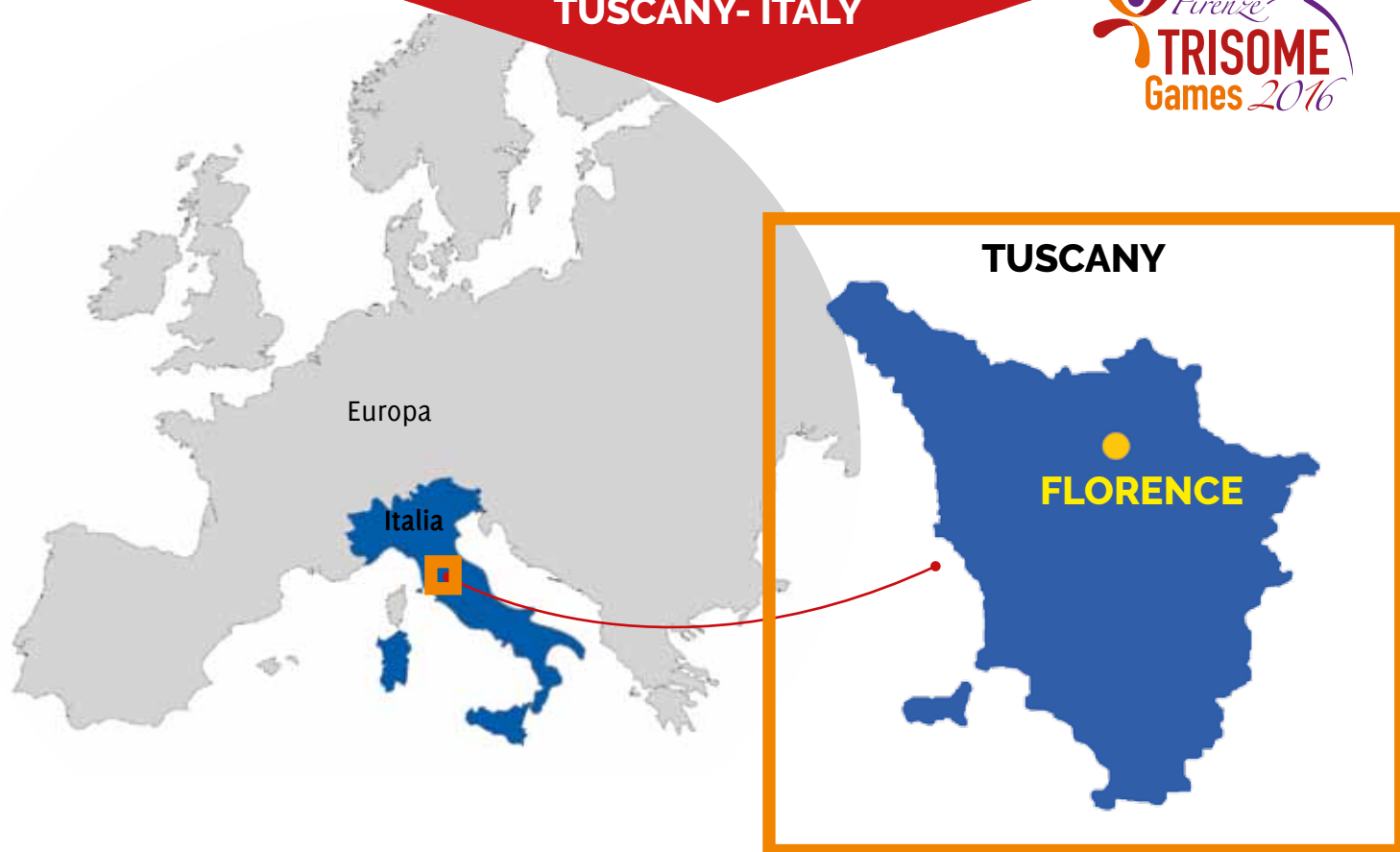


I am truly happy as the President of the Tuscany Regional Council and a man of sports that Florence is hosting the first edition of the Trisome Games 2016. A city renowned and appreciated in all the world for its artistic beauties, that is increasingly being associated with sports,

now will be remembered also for the extraordinary achievements of athletes with Down Syndrome. Florence can boast of first-class sporting structures to accommodate such an important event. Events like the Trisome Games, the largest world event dedicated to athletes with Down Syndrome, are the crowning moment of sports, representing moments in which the spirit of healthy competition breaks down any difference, which is the best motivation for everyone and gives great satisfaction. Viva Sports!

# HOST CITY

**FLORENCE**  
**TUSCANY- ITALY**



## GETTING HERE

Florence, a city with a population of around half a million inhabitants, spreads on the banks of the Arno, between the Adriatic and the Tyrrhenian seas, almost in the middle of the Italian peninsula. It is a city which bustles with industry and craft, commerce and culture, art and science.

Being on the main national railway lines, it is easily accessible from most important places both in Italy and abroad.

The Amerigo Vespucci Airport (Florence), where both national and international airlines stop, is located 5 kilometres from the city centre.

The Galileo Galilei Airport (Pisa), where both national and international airlines stop, is located 50 minutes from Florence.

The main motorway (A1) connects Florence with Bologna and Milano in the North Italy and Rome and Naples in the South. The motorway to the sea (Autostrada del Mare) joins it to Prato, Pistoia, Montecatini, Lucca, Pisa and all the resorts on the Tyrrhenian sea.

There is also the Superstrada (a dual-carriageway) which connects Florence to Siena.



by flight



by train



by bus

# TG2016 VENUES

## SPORT VENUES



### ATHLETICS

"STADIO RIDOLFI"



### RHYTHMIC & ARTISTIC GYMNASTICS

GYM AREA "SORGANE"



### TRISOME VILLAGE

HEAD QUARTER



ALL  
AROUND  
500 SQM  
AREA



ALL  
AROUND  
500 SQM  
AREA



ALL  
AROUND  
500 SQM  
AREA



### FUTSAL

GYM AREA  
"GENERALE BARBARETTI"



### TENNIS TABLE TENNIS JUDO

"U.S. AFFRICO"



### SWIMMING & SYNCHRONIZED SWIMMING

"PISCINA COSTOLI"  
(50 MT)



# PROGRAM

**SCHEDULED  
PROVISIONAL**



SPORT	15 JULY	16 JULY	17 JULY	18 JULY	VENUE
Swimming & S. Synchronized	Arrival	Training	Competition	Competition	Costoli
Athletics	Arrival	Training	Competition	Competition	Ridolfi
Futsal	Arrival	Training	Competition	Competition	Gen. Barbasetti
Tennis	Arrival	Training	Competition	Competition	U.S. Affrico
Table Tennis	Arrival	Training	Competition	Competition	U.S. Affrico
Judo	Arrival	Training	Off	Off	U.S. Affrico
Gymnastics	Arrival	Training	Off	Competition	Sorgane

**OPENING  
CERIMONY**

SPORT	19 JULY	20 JULY	21 JULY	22 JULY	VENUE
Swimming & S. Synchronized	Off	Competition	Competition	Departures	Costoli
Athletics	Off	Competition	Competition	Departures	Ridolfi
Futsal	Off	Competition	Competition	Departures	Gen. Barbasetti
Tennis	Off	Competition	Off	Departures	U.S. Affrico
Table Tennis	Off	Off	Off	Departures	U.S. Affrico
Judo	Off	Competition	Off	Departures	U.S. Affrico
Gymnastics	Off	Competition	Off	Departures	Sorgane

**SOCIAL  
PROGRAM**

**GOODBYE  
GALA**



# CERIMONIES

**FLORENCE**  
**GET TOGETHER**



## **PARADE 16 JULY**

Parade will start at Piazza del Duomo.

Delegation will be placed in alphabetical order by country names in rows of 4 people. The Italian Delegation will close the line. The Head of Delegation must arrange these rows together with the group's leaders.

Each National Federation should choose one flag bearer.

One volunteer will hold the sign for each Nation.

The Parade will last 20 minutes walking along Firenze Historic Centre until the Piazza della Signoria.

All the National Federations will enter into the Piazza della Signoria and will follow the volunteers with the sign of the Nation and will be accommodated in the square to join the Opening Ceremony.

The opening ceremony will start when the last group will arrive in the square.



## **OPENING CEREMONY 16 JULY**

The Opening Ceremony will be the Italian Welcome to Everybody.

There will be a formal protocol moment and show moments.

We wish that all the participants would be in the spirit of the event and enjoy together the different moments.

## **GOODBYE GALA 21 JULY**

To celebrate this exciting event the LOC decided to give all the participants, volunteers and carers a big party full of fun with lots of good food, music, dancing, and entertainment.

## **SOCIAL PROGRAM 19 JULY**

Full-day excursion to the city, the main monuments and historical sites of Florence to discover the magic of the city with privileged access.

# CONGRESS

**TRISOME GAMES 2016**  
**FORUM**



## **FORUM** 19 JULY

International Conference on Down Syndrome to be held in the prestigious Palazzo Vecchio with the participation of delegations from each nation.

All the details will be published on the next Newsletter and website.



# REGISTRATION

## PARTICIPATION FORMALITY



### DATE

From July 15th to July 22nd, 2016

### ENTRY PACKAGE

€ 800,00 per person for the whole period. The package provides for:

- Hotel (3 stars superior or 4 stars hotels): 8 days / 7 nights
- Full Board (includes breakfast, lunch at Trisome Village and dinner)
- Welcome bag with gadget
- Transfer from and to Pisa and from and to Florence Airport
- Transfer from the hotels to the sport venues
- Social Program
- Facilities for the entrance into Florence's museums
- Tours reserved to the supporters, fans and families
- free entry in trisome village
- free entry to the official ceremonies (opening-gala-goodbye)

The loc will arrange, with a surcharge, airport transfer from:

- Milano Malpensa
- Milano Linate
- Bergamo Orio al Serio
- Roma Fiumicino
- Roma Ciampino
- Bologna

€ 25,00 SU-DS Capitation Fee (30 US\$)

### REGISTRATION FORMALITIES

1. Intention of Participation (ENTRY BY NUMBER): no later than November 30th 2016
2. First Entry Form and 30% down payment: no later than January 15th 2016;
3. Second Entry Form and 40% down payment (ENTRY BY NAME): no later than April 30th 2016;
4. Final Entry Form and 30% balance, arrival departure form and rooming lists – no later than June 15th 2016.

Refund policy will be available with the next informations.

**N.B. ALL THESE SERVICES  
WILL BE RESERVED FOR  
THOSE WHO BOUYED THE  
OFFICIAL ENTRY PACKAGE  
TRISOME GAMES 2016.**

**WHO WILL NOT BOUYED THIS  
PACKAGE SHOULD PAY THE  
EXTRA SERVICES ON SITE.**

# REGISTRATION

## PARTICIPATION FORMALITY



### PARTICIPANTS

No limit number of athlete's participants and team staff's per sport and country. All the supporters and fans as well as all the relatives and families are welcome, with the same entry package reserved to the athletes.

### ELIGIBILITY

All athletes entering the event must appear on the Su-Ds Master List. Please visit the website [www.su-ds.org](http://www.su-ds.org) for the SU-DS Registration Policy. There is no "guest" entry.

### SPORT RULES

Swimming and Synchronized Swimming: DSISO

Athletics: IAADS

Tennis: TBD

Table Tennis: ITTADS

Judo: JUDOWN

Futsal: FIFDS

Gymnastics: DSIGO

### TO PARTICIPATE

Please print and send us the following intention of participation with your contact at the email address:

[info@trisomegames2016.org](mailto:info@trisomegames2016.org)

No later than November 30th 2015

# PARTICIPATION

## INTENTION OF PARTICIPATION

☐

Yes

☐

No

Country:

---

Contact:

---

Address:

---

Email:

Phone number:

---

**TO SEND NO LATER THAN NOVEMBER 30th 2015**  
**EMAIL: [info@trisomegames2016.org](mailto:info@trisomegames2016.org)**

## 1st ENTRY FORM

Country	
Su-Ds Membership	
Address	
Postal Code	
Telephone	
Fax	
E-mail	
Contact person	
Position*	

Entry by number	Number
Athletes	
Team Official	
Supporters and fans	
Relatives and family	
Total Delegation	

**TO SEND NO LATER THAN NOVEMBER 30th 2015**  
**EMAIL: [info@trisomegames2016.org](mailto:info@trisomegames2016.org)**





# HOST CITY

## FLORENCE HISTORY



### IN THE HEART OF TUSCANY

Florence, the heart of a civilization, a nucleus of the world's artistic patrimony, was founded in the pre-Roman era, along the banks of the Arno; the river which near Arezzo makes a wide turn northward, flowing through Florence and onward toward the sea, toward the routes of commerce, adventure, and knowledge.

The Romans called it Florentia, paying homage to the goddess Flora, given its lush hillsides, as well as to evoke, even if symbolically, the flourishing of the city (the lily is still the symbol of the city's flag and shield).

Florence, from as far back as 1200 was the stage for numerous radical and profound cultural revolutions.

We have Dante Alighieri to thank for the birth of the Italian language as well as the history of modern prose through his poetry and the work of Giovanni Boccaccio. Humanism was founded here and affirmed the vastness of its panorama of knowledge.

Leonardo da Vinci established here his laboratories of artistic and scientific experimentation.

Sandro Botticelli translated poetry into pictorial visions.

Michelangelo Buonarroti became an authentic example of the formal and philosophic significance of the Renaissance.

Lorenzo de' Medici succeeded in attributing economic and political value to art and culture, inviting and sending abroad, as if ambassadors, the most brilliant talents and minds of Europe.

Today, Florence has remained coherent to its past and has not become an industrial city, as have Milan or Turin. Instead it has remained a point of reference for good taste and new design (along with Paris, Florence is still a European fashion capital, hosting numerous fashion shows throughout the year.)

Proof is easily found, just by walking around the city; from Porta Romana to Via de'Bardi, from Santa Maria Novella to Santa Croce, from Via Roma to the Ponte Vecchio, from the San Frediano quarter to Borgo Ognissanti: the lines of conjunction are the meridians and parallels of a city that offers everything from antiques to the most modern design and imposes a dimension of life and of thought that is unique in Italy, and can be likened to the incredible flavor of its simple, rustic cuisine, or to the elegant sobriety of the façade of Florentine palazzo.

# HOST CITY

## FLORENCE ATTRACTIONS



### FLORID CITY

Everywhere you turn in Florence, you find extraordinary works of art and architecture, which attract some 8 million tourists a year - from the Palazzo Vecchio to the world famous Uffizzi Gallery and the Cathedral with its magnificent dome and the tower designed by Giotto. Along the river Arno the Ponte Vecchio, with its jewelry shops, is a must for all those who pass through the city, as are the splendid Boboli gardens across the river. Florence is a international centre for food and for wine with Chianti being its most famous local product and the celebrated Fiorentina steak on the bone.

### »»»»»»»» DO & SEE

In Florence there is so much to see and experience, and to alternate this with a good italian ice cream make your holiday unbeatable. The historic centre of

Florence attracts millions of tourists each year, and is one of the world's most visited.

### »»»»»»»» MUSEUMS

Florence boasts an extraordinary wealth of art, a splendid testimony to its centuries-old civilization, for the most part preserved in the more than 70 city museums. In many of these (Uffizi, Accademia Gallery,

Palazzo Pitti, the Palazzo Vecchio, just to mention the main ones) there may be particularly long queues. To avoid wasting time, and to make the most of your stay, you can choose from a range of options





# HOST CITY

## FLORENCE DO & SEE



### DANTE'S HOUSE MUSEUM

The Museum is located in a picturesque tower house that illustrates the life of the poet and the Florence of his time through historical record and medieval finds. On the second floor it is also kept the eat mask of Dante.



### BASILICA OF S. CROCE

The church is located on the Piazza Santa Croce and was rebuilt for the Franciscan order in 1294 by Arnolfo di Cambio. Michelangelo is buried in Santa Croce among other great and good in Florence. Basilica di Santa Croce is the provincial Franciscan church in Florence, and a minor basilica of the Roman Catholic Church.



### UFFIZI GALLERY

No art connoisseur should miss this fantastic collection of Italian paintings and sculptures by Botticelli, da Vinci, Titian or Raphael. This one of the greatest museums of the world with masterpieces from the 13th to 19th century. The Uffizi is the most important and visited museum in Florence and its most famous works include Botticelli's "Birth of Venus".



### CATHEDRAL S. M. DEL FIORE

This is a gothic cathedral with Brunelleschi's stupendous dome. Florence's cathedral stands tall over the city. To the right is Giotto's Bell Tower, and the Baptistery of S. Giovanni stands opposite the cathedral entrance.



### CHAPEL BRANCACCI

The chapel is famous worldwide for its frescoes of Masaccio. They were a great inspiration for Leonardo Da Vinci and Michelangelo. The visit now includes an excellent interactive audio-visual tour.



### PALAZZO PITTI

Palazzo Pitti contains several different types of museums. The basis of the current palace dates from 1458 and was the residence of the bank man Luca Pitti. It was then bought by the Medici family in 1539 as an official residence of the ruling families of the Grand Duchy of Tuscany. In connection with the Palazzo Pitti you find the Boboli Gardens which is one of Italy's most beautiful garden.



### SANTA MARIA NOVELLA

The church of Santa Maria Novella was built between 1279 and 1357 by Dominican friars, and is located just across from the main railway station which shares its name. Chronologically, it is the first great basilica in Florence. Architecturally, it is one of the most important Gothic churches in Tuscany. Inside the basilica, you will find masterpieces by Masaccio, Giotto and Brunelleschi.



### BASILICA DI SAN LORENZO

If your favorite artist is Michelangelo you shouldn't miss this basilica. This is probably the most exciting place associated with the famous artist in Florence. The Basilica di San Lorenzo is framed by the splendid, square shaped Old Sacristy by Brunelleschi and the New Sacristy, by Michelangelo. Here you can find his sculptures for the tombs of Lorenzo and Giuliano Medici and fine examples of Mannerist architecture in the Biblioteca Laurenziana.



### PALAZZO VECCHIO

This was the home of the Priori delle Arti, of the Signoria and ducal residence. Palazzo Vecchio, meaning "the old palace" and is located in Piazza della Signoria. The building is now the town hall of Florence. It has large collections of paintings and sculptures. On the square just in front of Palazzo Vecchio you see a copy of the famous statue "David" by Michelangelo. This was where the original statue was situated before it was moved to Accademia Gallery in 1873.



# HOST CITY

## FLORENCE EAT & DRINK



### »»» FOOD & WINE

Florentine cooking is linked to a tradition of simple dishes prepared with genuine, tasty but plain ingredients, which has recently been reconsidered by the world of more sophisticated cuisine. Cereals, bread, vegetable and oil (which must be extra-virgin) are the basis of many recipes that just have to be tried in one of the many restaurants in Florence.

Simple food, such as cannellini beans and other vaguely repulsive ingredients such as tripe and livers are transformed into pleasant, tasty dishes, served on both stalls and in local inns and also in luxury restaurants. We can therefore find: fagioli all'uccelletto (beans), boiled and then fried in oil and tomato sauce; trippa alla fiorentina, (tripe) covered in tomato and grated parmesan cheese; lampredotto, the darkest part of tripe, used for soups and risottos, but also liked by many locals as a filling for a sandwich; crostini toscani with liver paté. And the unforgettable "fiorentina" a cut of meat from the Chianina cow, famous worldwide, to be tried in any restaurant in Florence.

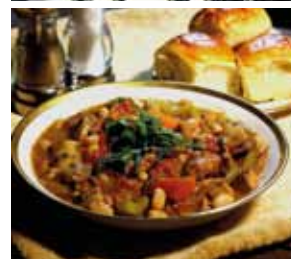
The area surrounding Florence is famous for being the birthplace of Chianti, the most famous Tuscan

wine. Four different types of Chianti are produced from the vines on the flourishing Florentine hills. Chianti "Classico" is produced between Florence and Siena, while the other names come from the geographic areas that the province of Florence is divided into: there is Chianti "Colli Fiorentini", Chianti "Rufina" and Chianti "Montespertoli".

Other wines from the area are Pomino, which has been appreciated since the beginning of the 1700s, and which owes its name to one of the smallest DOC vineyards in the world, and Vin Santo, which was already known in the fourteenth century, and which is closely linked to Florentine hospitality. The people offered it to guests accompanied by the traditional cantuccini biscuits.



SAN LORENZO MARKET AND TUSCANY'S TASTE AND FLAVOURS





# EXCURSIONS

**DISCOVER  
TUSCANY**



Very close to Florence there are the most famous art towns. Florence is the perfect starting point to visit all the most important and renowned resorts of our region, homeland of the Renaissance. The organising committee will offer excursions in Tuscany for those individuals or groups who intend to enjoy their free time during the Trisome Games 2016.



**FIRENZE**



**SIENA**



**PISTOIA**



**PRATO**



**PISA**



**LUCCA**



**MONTECATINI**



**SAN GIMIGNANO**



**VERSILIA**

Being Tuscany in the centre of Italy, it's possible to visit beautiful Italian cities in only one day. The Official tour Operator of Trisome Games 2016, will organized on request special tourist packages.





**July 15th - 22nd 2016**

**[www.trisomegames2016.org](http://www.trisomegames2016.org)**

**L.O.C. Trisome Games 2016**

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