

# EMAF – EUROPEAN MASTERS ATHLETICS FESTIVAL FOR SILVER AGE

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Von: Andrea Campitelli [mailto:[andrea.campitelli@fidal.it](mailto:andrea.campitelli@fidal.it)]

Betreff: I: EMAF - European Masters Athletics Festival for silver age - Press conference

Dear David,

I am writing on behalf of Roberta,

the aim of the University of Urbino is to verify a correlation between the longitudinal stiffness of the lower limbs and the transversal stiffness of the Achilles tendon. For this reason, they will make 2 different types of vertical jump tests and a measurement of some viscoelastic parameters of the Achilles tendon. The first test consists of 3 Countermovement jumps (90°); the second one consists of rebound jumps on the spot (duration 5 seconds). Both tests are extremely simple and non-invasive and athletes will be asked to do them only after a short warm-up. The equipment used for the jump tests is the Optojump system [www.optojump.com](http://www.optojump.com)

Furthermore, they will make a measurement of some viscoelastic parameters of the Achilles tendon (tone, stiffness and elasticity) thanks to MyotonPro (a non-invasive myometry) [www.myoton.com/technology](http://www.myoton.com/technology)

Finally, in addition to the measurement of weight and height, they will provide athletes with a short questionnaire with the aim of assessing physical activity levels. All measurements will be made only to athletes who voluntarily lend themselves to them and after having signed an informed consent, and the tests can be carried out both before and after the competition only to the athletes who will show their complete availability.

Hope we have answered your question.

Best regards,

Andrea



**ANDREA CAMPITELLI**

**Settore Internazionale**

**International Dept**

[andrea.campitelli@fidal.it](mailto:andrea.campitelli@fidal.it)

[internationaldept@fidal.it](mailto:internationaldept@fidal.it)



mob. +39 3661911382

Via Flaminia Nuova, 830 – 00191 Roma, Italy