

GETTING TO KNOW OUR ATHLETE DAVIDE POSENATO NATIONALE ATHLETE - CUS VERONA SITTING VOLLEY

What was your first experience with sports, and which sports have you practiced?

I was born and raised with a ball at my feet. Since I was little, I played soccer, although I appreciated all sports. After my disability, I tried wheelchair fencing for a year but since I had to remain fixed in one position, it didn't excite me so much. Later, I discovered badminton, as passion I'm still cultivating, and which has lasted 13 years, bringing me some satisfaction. For the past three years, I've been practicing Sitting Volleyball at CUS Verona, sport that I'm not only really enjoying, but that has also made me rediscover team dynamics.



What motivated you to become a Sitting Volleyball athlete? How did you first get involved in this sport?

I got involved in this reality thanks to a friend (whom I greet and thank), without whom I would hardly have known this reality. I was going through a particular year, and, in Sitting Volleyball I found the enthusiasm to step into the court again. Having many friends who play volleyball, I found a way – though quite unique – to get closer to that culture I previously experienced only as a viewer.

What did you feel during your first Sitting Volleyball competitions?

During my first Sitting Volleyball competitions I felt mainly excited and agitated because the opponents were very strong, and I was quite inexperienced.

Inexperience showed both at the national tournament and championship level in Italy, as well as at the European level, in a tournament where I had the pleasure of competing, thanks to the club's excellent results the previous year. That's when I realized there was still a long way to go, but I also discovered the thrill of competing at an increasingly higher level. I enjoyed it and I continued with this sport, always trying to narrow the gaps with my opponents.



We know that you were called up to the National Team. What do you remember about that call and your first training camps? What does wearing the blue jersey mean to you?

That moment was very emotional but also difficult. The blue jersey is a responsibility, but above all, an honour. It was great to reconnect with opponents to train together and become a team but most of all, it was great to meet new people and have completely different experiences from the usual. Obviously, the level is different, as well as the composition of the team, which is made up only of male athletes, unlike club teams, where the teams can be mixed, with both men and women. This means that the technical dynamics are different.

Certainly, I think it was one of the most beautiful experiences so far.

What is your personal experience as a Paralympic athlete, and what does sports mean to you?

Practicing sports for me is synonymous with well-being. On the court, I manage to be very focused and at times serious, but at the same time very happy, both in victory and in defeat. I'll try to practice it for as long as possible!



What would you say your biggest achievement is?

Certainly, the experiences with the national team, both in Para-Badminton and Sitting Volleyball, have enriched me a lot, giving me great satisfaction and represent a small achievement that I'm very proud of. But upon reflection, maybe, the best beautiful result was participating and playing in a European competition; the EuroLeague of Sitting Volleyball in Fermo, in Italy, in 2023, which allowed me to grow as an athlete by challenging very strong foreign opponents.