

# MIRCO BERGAMASCO: RUGBY, A PASSION AND A LIFE LESSON



Besides being a passion and a sport practiced, for the Segalla family Rugby is also part of the company's marketing and communication activities. In fact, the company that the family owns, Cvm di Arcugnano (Vi) specialized in the printing of road signs (chains, traffic cones, columns and support bases) is among the sponsors of Rugby Rangers Vicenza, team in which Mirco Bergamasco played last season.

In the following interview, the champion talks about his passion for Rugby and the values that distinguish this sport: modesty, dedication, willingness to play in team and, of course, a competitive DNA too. These are the values of the General Manager Andrea Segalla and his father Antonio, and are the same values that allowed them to build a solid reputation for CVM in terms of trustworthiness and competence in Italy and abroad.

*Even among those who do not follow rugby, Mirco Bergamasco is well known and esteemed. A career like his - 89 appearances and 256 points in the national team, two championships in France and his participation in the Rugby League World Cup (1) at the Rugby World Cup (3) and at the Six Nations tournament (editions 2002 to 2012) - is important enough to ensure fame even outside the world of Rugby. And perhaps, in this have helped the human qualities of this champion who*

*loves to describe himself as a "born competitor" determined to continue to pursue his dream for as long as possible will have played a non-secondary role.*

**In an analysis of your experience with the Rugby Rangers Vicenza. What contribution do you think you have given to this team?**

When I arrived (last January - Ed.) The season was very far

ahead and, of course, I found a team with a well-defined strategy and staff. I first tried to be very open and to make myself available, as I am used to do. When someone enters a new club, always, the first step is to try to integrate, to understand the mental mechanism and the essence of the team. The beauty of this sport is indeed that it is played in team with 15 players as protagonists. Everyone, regardless of the abilities and tasks, is called to make his contribution. The challenge is to be able to enhance each person's peculiarities in order to create a cohesive group. Even the biggest champion would not go anywhere alone. On the other hand, if he can count on the support of the team, then he is able to express his full potential.

### **What did you get from this experience?**

A life experience that has enriched me and that has given me the opportunity to meet new friends with whom I have established a relationship destined to last over time. It may seem obvious, but it is one of the effects caused by trying to understand other players, being curious about their story and their professional background which is essential for the game. Not to mention that even sharing your skills and your professional background with those who are more inexperienced is still an opportunity for growth on a professional level too. In the field, the other players support you. If you make a mistake they are



there to try to solve it, and you go on. Also in life what matters is not to never make mistakes, but rather, always succeed in getting up and moving forward. In this, rugby is a true metaphor of life. You never really “arrive”, it is always necessary to go ahead making treasure of your mistakes and, in general, of your past experiences. This is the true meaning of rugby and the philosophy we tried to express in the book “Going forward, looking back” that I published a few years ago with my brother Mauro and Matteo Rampin.

### **So what are the values of rugby that have been most useful in life?**

My first fortune was to have a family that allowed me to be in a position to achieve my dream. The most important person is my mother who has never done anything to prevent me, my brother or my father from living the passion for rugby, instead, she has always been by our side. Nine years ago my wife entered my life and she has always pushed me to go further. These were not always easy years, but she has never failed me. In rugby, your family is your team. Only if you can form a cohesive group where everyone is willing to guarantee all the required support to the others, it is possible to achieve the objectives that have been set. Another value is that of respect, for everyone and in every context. In the field as in everyday life. It is possible to have completely divergent and

incompatible ideas, but what matters is not to be rude, which is something I hate, as much as envy. I was lucky enough to be part of the national team at the age of 20, but when I was in the field I played and proved I deserved that opportunity. When my bother Mauro had an accident, someone said "it should had happened to the youngest ..." It was a lack of respect and I replied to it on the field, giving the best of myself.

**In a successful career like yours, is there any goal that you have not reached yet?**

I am a competitor and I will die as a competitor. I have had a lot of fulfilments, but I do not set limits to myself. It would mean to limit a passion that I nurture since I was a child. I dreamed of wearing the blue shirt and I managed to do it 89 times, to play in the best foreign leagues and for ten years I played in the French league. I wanted to experience Rugby Sevens and, after a year of preparation, I managed to be part of the team that played for the Olympic qualification. Furthermore, I also managed to be part of the National Rugby Team and to qualify for the World Cup. Rugby has always been my passion and I am open to any proposal.

**You are also famous for becoming a vegan. What made you take this decision and how was this choice taken in the rugby environment?**

I do not deny that at least at the beginning there was some perplexity. In the world of Rugby this is an unusual choice, although it is not for sport at a competitive level in general. Everything started because I wanted to eat healthy due to the self-awareness which increases with the years, that food plays a fundamental role by ensuring the most suitable physical form for a long career. When I began to examine this topic in depth, I discovered that it had implications much more im-



portant such as the preservation of the planet and the environment, health and even the elimination of animal suffering. Veganism went from being a diet to an actual life philosophy.

