** SAVEZ MAŽORETKINJA I POM-PON TIMOVA HRVATSKE**

**TRENERSKI**

**SEMINAR**

 **ZAGREB/ 11.-12. 01.2020.**

 **/LICENCIRANI treneri i POLAZNICI trenerske škole-obavezni seminar/**

**PROGRAM:**

**SATRUDAY-11.01.2020.**

* **09.00 – 12.00**
* **Thetechniqueofwarm up – preparation, the correct healthy warm up**
* **Preparations exercises focusing on improvingthe flexibility and stretching the muscles**
* **15 min. break**
* **analysis of gymnastic and acrobatic features**
* **Explanation of how to begin practicing gymnastic and acrobatic features**
* **Realization of elements and combination in choreographies, analysis of basic errors**
* **12.00-13.00 break**
* **13,00– 16.00 -Work with equipment pom-pom**

**Level /2.level /3.level /4. level**

* **Combination of work with equipment and gymnastic, acrobatics elements**
* **Work with colours**
* **Creation of combinations**
* **17.00-19.00 -Elevations**
* **Groundfloor**
* **1.floor**
* **2.floor**
* **throwing in the air, rotating…**

**SUNDAY/12.01.2020**

* **08.30 Summary of the pracical knowledge**
* **videopresentation**
* **Evaluation and errors in choreographies pom pom**

**MJESTO ODRŽAVANJA:**

**-sportska dvorana OŠ VRBANI**

**Adresa: Listopdadska ulica 8 / ZAGREB**

**VODITELJ SEMINARA:**

* **Elena Martinkova/SK-internacionalni sudac, član MWF Komisije za edukaciju, član MWF- Upravnog odbora, voditelj i trener tima „Bona“ /SK-višestruki europski i svjetski prvaci u kategoriji pom pon**
* **Treneri i koreografi tima „BONA“ /SK:**
* **Romana Miklkoisova**
* **Klára Michaldová**

**KOTIZACIJA:**

**-200,00 KN- polaznik trenerske škole**

**-150,00 KN- licencirani treneri**

**-60,00 KN- članovi tima/ juniori ili seniori- najviše 2 osobe iz svakoga tima**

**Uplate na račun SMPTH-a**

**SAVEZ MAŽORETKINJA I POM-PON TIMOVA HRVATSKE**

**IBAN:HR922484008110190036**

**INFO:**

**E-mail:** **majorettes.cro@gmail.com**

**Mob: 095 960 6669**

**www.smpth-cro.weebly.com**