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

**TRENERSKI**

**SEMINAR**

 **VIROVITICA/01.-02.12.2018.**

 **/ licencirani treneri i polaznici trenerske škole-obavezni seminar/**

 **PROGRAM:**

**Saturday, 01.12.2018.**

* **08,30-09,00-REGISTRATION**
* **09,00 - The technique of warm up – preparation, the correct healthy warm up, preparations exercises focusing on improving the 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 lunch**
* **13.00 – 16.00/Work with equipment pom-pom**
1. **Level**
2. **2.level**
3. **3.level**
* **Combination of work with equipment and gymnastic, acrobatics elements**
* **Work with colours**
* **17,00-19,00-Creation of combinations-.Elevations**

 **- Ground floor**

 **- 1.floor**

 **- 2.floor**

 **- throwing in the air, rotating…**

**Sunday,02.12.2018**

* **8.30 -10.00/Summary of the practical knowledge, videopresentation**
* **Evaluation and errors in choreographies pom pom**
* **10,00 Break**
* **10,15-12,30- practical work- levels with pom pon/ levels with baton/ batonflag**
* **choreography MIX/ combinations: baton, pom pon, batonflag**
* **13,00 lunch**

 **Please bring : exercise pad, min. 2 pieces of pom pom**

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** MEĐUNARODNI SEMINAR ZA TRENERE**

 **VIROVITICA/01.-02.12.2018.**

**Sportska dvorana OŠ „I. B. Mažuranić“**

 **ROK PRIJAVE I UPLATE KOTIZACIJE / 15. 11. 2018.**

**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**

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**Kristyna Prochazkova**
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