

Effective training and psychological approach to young cross-country skiers



1st Workshop – Czech Republic, 5-7 January 2018

Hotel Ski, Vlachovická 1000, Nové Město na Moravě, www.hotelski.cz

PROGRAMME

Friday - 5 January 2018		
16.00 – 18.00	Arrival of the participants, accommodation, getting together	<i>All</i>
19.00 – 20.00	Dinner	<i>All</i>
20.00 – 22.00	Welcoming, short introduction of clubs	<i>All</i>

SATURDAY - 6 January 2018		
7.30	Warm-up on the skies	<i>All</i>
8.30	Breakfast	<i>All</i>
9.00 – 12.00	Sport psychology (Hotel Ski) Group sessions will be arranged according to lecturer <i>Václav Petráš</i>	<i>Coaches/parents/children</i>
12.00 – 13.00	Lunch	<i>All</i>
14.00 – 17.30	Training session in Vysocina arena/stadium <i>Pavel Korvas, Tomáš Telecký</i>	<i>All</i>
18.00 – 19.00	Dinner	<i>All</i>
19.30 – 21.00	Evening programme for kids (swimming pool, gym, etc...)	<i>Children</i>
21.00 – 22.00	Technical meeting (project arrangements)	<i>Coaches/coordinators</i>

SUNDAY - 7 January 2018		
7.30	Warm-up on the skies	<i>All</i>
8.30	Breakfast	<i>All</i>
9.00 – 12.00	Dryland exercises, training methodology <i>Pavel Korvas</i>	<i>All</i>

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12.00 -13.00	Lunch	<i>All</i>
13.00 – 14.00	Management of the club and planning of the activities in SKOL club (presentation/discussion) <i>Tomáš Telecký</i>	<i>Coaches</i>
14:30– 16:00	Ski games on the snow	<i>Children</i>
16:00 – 18.00	Departure	<i>All</i>

Further information :

❖ **How to get to NMNM ?**

<http://www.vysocina-arena.cz/en/arrival-at-nmnm.html>

❖ **Accommodation in Hotel SKI**

All <http://www.hotelski.cz/>

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