

Effective training and psychological approach to young cross-country skiers



4st Workshop – Slovakia, 23-25 November 2018

Partizánska dolina 531/21, Skalka pri Kremnici, www.minciar.com

PROGRAMME

(draft)

Friday - 23rd November 2018		
15:00 -	Arrival of the participants, accommodation	
18.00 – 20.00	Getting together, dinner	
20:00 - 22:00	Orienteering run/Kremnica city centre	<i>Coaches / children</i>

SATURDAY - 24th November 2018		
7.00 – 8.00	Breakfast	
09:00 – 12.00	Ski specific training, running with the poles in the mountains of Skalka	<i>All</i>
12:00-13:00	Lunch	
13.00 – 16.30	Ski specific conditioning training: -Hotel Minciar(theoretical part) - Relax center Skalka arena(action part) <i>Mgr. David Brunn</i>	<i>15:00 – 17:00</i> <i>Training session in Skalka Arena (coaches/children)</i>
18:00-19:00	Dinner	<i>All</i>
19:30-21:00	Swimming pool, saunas	<i>Children/Coaches</i>
19:30-22:00	Program goals debate/Ski club functioning in different environment(countries)	<i>Coaches / Parents</i>

SUNDAY - 7 January 2018		
8.00 -9.00	Breakfast	
9.30 – 12.00	Rollerski training/Skiing(depending on snow conditions) -Skalka Arena	<i>Coaches/Trainers</i>
12:00-13:00	Working lunch	

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		<i>All</i>
14:00 – 16:00	Training session depending on the conditions	<i>Children</i>
16:00 – 18.00	Departure	<i>All</i>

Further informations :

- As for 19th November, there is still too little snow in the skiing area. Please, bring the running poles, swimming clothes, indoor sports clothes and we will call one day prior to the arrival, whether you should also take skis or not.
- Some groups will arrive on Thursday 22nd November, some on 23rd. Therefore, the program is written from Friday afternoon. We can discuss with the groups coming on Thursday, what we recommend to do on the Friday morning/early afternoon.
- Since the weather on this date is unpredictable, we can change the training parts of the program, according to the weather.
- Looking forward to seeing you all!!!!

