



WORKSHOP

27.-28.6.2017 PREŠOV

**Hotel LINEAS,
Budovateľská str. 14**

Nonprofit organization Altra cordially invites you to an expert Workshop titled: "An innovative approach to sports training of youth." The workshop is implemented within International project "Challenge Meeting V4 handball trainers" a co-financed by the Visegrad Fund.

PROGRAM 27.6.2017

- 10:30-11:00 Registration + opening
- 11:00-12:30 Block 1: „Method of Spiral Stabilization of the spine“ - condition-increasing performance, regeneration, compensation, after treatment of sports injuries and overload (Tomáš Rusňák)
- 12:30-13:00 Lunch
- 13:00-14:30 Block 2: Nutrition for young champions (Daniela Noveska)
- 14:30-15:00 Break
- 15:00-16:30 Block 3: Psychological workshop for handball trainers and teachers in age category up to 15 years. (Tomáš Gurský)
- 16:30-18:00 Block 4: Nutrition for young champions (Daniela Noveska)

PROGRAM 28.6.2017

- 09:00-10:30 Block 1: Uniform concept of sports training of the youth in handball (Pavol Streicher)
- 10:30-12:00 Block 2: Psychological workshop for coaches in Professional Handball (Tomáš Gurský)
- 12:00-13:00 Lunch
- 13:00-14:30 Block 3: Uniform concept of sports training of the youth in handball (Pavol Streicher)
- 14:30-16:00 Block 4: „Method of Spiral Stabilization of the spine“ - condition-increasing performance, regeneration, compensation, after treatment of sports injuries and overload (Tomáš Rusňák)

REGISTRATION

emailom na altrav4@gmail.com

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• **Visegrad Fund**
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ALTRA,n.o.

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