



CONSILIUL  
JUDEȚEAN  
MARAMUREȘ



# STAGIU NATIONAL DE PREGATIRE

<b>ORGANIZATOR</b>	<b>CSM BAIA MARE ACADEMIA DE JUDO BAIA MARE CONSILIUL JUDETEAN MARAMURES</b>
<b>DATA</b>	<b>28 AUGUST – 01 SEPTEMBRIE 2023</b>
<b>VARSTA</b>	<b>U-10, U-12, U-14, U-16, U-18 U-18, U-16 – 2006 – 2010 U-14, U-12, U-10 – 2011 - 2015</b>
<b>COST STAGIU</b>	<b>100 Lei / Pers. pentru delegatiile care nu opteaza pentru cazare si masa ( oferite de organizator )</b>
<b>LOC DESFASURARE</b>	<b>SALA POLIVALENTA “LASCAR PANA” B-DUL UNIRII 14 A BAIA MARE, MARAMURES</b>
<b>PROGRAM ANTRENAMENTE</b>	<b>2 ANTRENAMENTE IN FIECARE ZI</b>
<b>ANTRENORI</b>	<b>LAURA MORICZ – C. NEAGRA 5 DAN ALIN POPDAN – C. NEAGRA 3 DAN MARIAN HALAS - C. NEAGRA 3 DAN LOREDANA LASCAU – C. NEAGRA 3 DAN DUMITRITA RUS – C. NEAGRA 1 DAN LASZLO BALAZS – C. NEAGRA 1 DAN</b>
<b>CAZARE SI MASA MAXIM 100 LOCURI / PACHET</b>	<b>PACHET 1      5 Zile:      500 Lei / Pers. (Hotel Sport)      6 Zile:      600 Lei / Pers. PACHET 2      5 Zile:      800 Lei / Pers. (Hotel Seneca)      6 Zile:      950 Lei / Pers.</b>
<b>PERSOANA DE CONTACT</b>	<b>ALIN POPDAN 0749.245.108</b>

# PROGRAM STAGIU NATIONAL DE PREGATIRE

<b>LUNI 28.08-2023</b>			
<b>ORA</b>		<b>ACTIVITATE</b>	<b>PROF. / ANTR/</b>
<b>07:00</b>	<b>08:00</b>	<b>MIC DEJUN</b>	
<b>08:30</b>	<b>10:15</b>	<b>ANTRENAMENT NAGE-WAZA U-14, U-12, U-10</b>	<b>ALIN POPDAN</b>
<b>10:15</b>	<b>12:00</b>	<b>ANTRENAMENT NAGE-WAZA U-18, U-16</b>	<b>LAURA MORICZ</b>
<b>12:00</b>	<b>13:15</b>	<b>ANTRENAMENT KATA ANTRENAMENT "SPECIAL NEEDS </b>	<b>DUMITRITA RUS LASZLO BALAZS</b>
<b>13:30</b>	<b>14:30</b>	<b>MASA DE PRANZ</b>	
<b>16:00</b>	<b>17:45</b>	<b>ANTRENAMENT NE-WAZA U-14, U-12, U-10</b>	<b>ALIN POPDAN</b>
<b>17:45</b>	<b>19:30</b>	<b>ANTRENAMENT NE-WAZA U-18, U-16</b>	<b>LAURA MORICZ</b>
<b>19:30</b>	<b>20:30</b>	<b>CINA</b>	

<b>MARTI 29.08-2023</b>			
<b>ORA</b>		<b>ACTIVITATE</b>	<b>PROF. / ANTR/</b>
<b>07:00</b>	<b>08:00</b>	<b>MIC DEJUN</b>	
<b>08:30</b>	<b>10:15</b>	<b>ANTRENAMENT NAGE-WAZA U-14, U-12, U-10</b>	<b>ALIN POPDAN</b>
<b>10:15</b>	<b>12:00</b>	<b>ANTRENAMENT NAGE-WAZA U-18, U-16</b>	<b>LAURA MORICZ</b>
<b>12:00</b>	<b>13:15</b>	<b>ANTRENAMENT KATA ANTRENAMENT "SPECIAL NEEDS </b>	<b>DUMITRITA RUS LASZLO BALAZS</b>
<b>13:30</b>	<b>14:30</b>	<b>MASA DE PRANZ</b>	
<b>16:00</b>	<b>17:45</b>	<b>ANTRENAMENT NE-WAZA U-14, U-12, U-10</b>	<b>ALIN POPDAN</b>
<b>17:45</b>	<b>19:30</b>	<b>ANTRENAMENT NE-WAZA U-18, U-16</b>	<b>LAURA MORICZ</b>
<b>19:30</b>	<b>20:30</b>	<b>CINA</b>	

**MIERCURI 30.08-2023**

<b>ORA</b>		<b>ACTIVITATE</b>	<b>PROF. / ANTR/</b>
<b>07:00</b>	<b>08:00</b>	<b>MIC DEJUN</b>	
<b>08:30</b>	<b>10:15</b>	<b>ANTRENAMENT NAGE-WAZA U-14, U-12, U-10</b>	<b>ALIN POPDAN LOREDANA LASCAU</b>
<b>10:15</b>	<b>12:00</b>	<b>ANTRENAMENT NAGE-WAZA U-18, U-16</b>	<b>LAURA MORICZ MARIAN HALAS</b>
<b>12:00</b>	<b>13:15</b>	<b>ANTRENAMENT KATA ANTRENAMENT "SPECIAL NEEDS </b>	<b>DUMITRITA RUS LASZLO BALAZS</b>
<b>13:30</b>	<b>14:30</b>	<b>MASA DE PRANZ</b>	
<b>16:00</b>	<b>17:45</b>	<b>RELAXARE PISCINA / LACUL MOGOSA</b>	
<b>17:45</b>	<b>19:30</b>	<b>PROGRAM EDUCATIONAL</b>	<b>DR. CARMEN MORARIU ANTRENORI JUDO</b>
<b>19:30</b>	<b>20:30</b>	<b>CINA</b>	

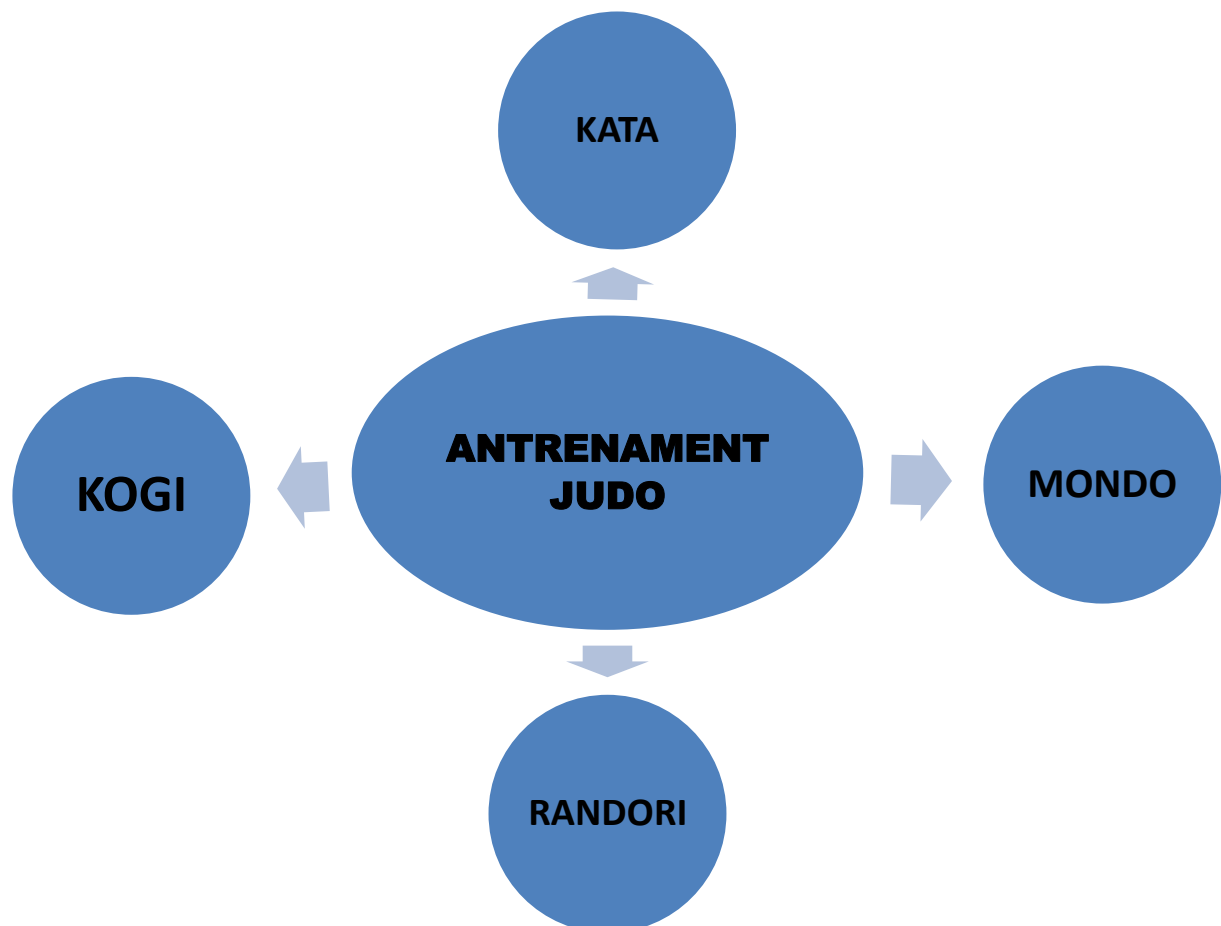
**JOI 31.08-2023**

<b>ORA</b>		<b>ACTIVITATE</b>	<b>PROF. / ANTR/</b>
<b>07:00</b>	<b>08:00</b>	<b>MIC DEJUN</b>	
<b>08:30</b>	<b>10:15</b>	<b>ANTRENAMENT NAGE-WAZA U-14, U-12, U-10</b>	<b>LOREDANA LASCAU</b>
<b>10:15</b>	<b>12:00</b>	<b>ANTRENAMENT NAGE-WAZA U-18, U-16</b>	<b>MARIAN HALAS</b>
<b>12:00</b>	<b>13:15</b>	<b>ANTRENAMENT KATA ANTRENAMENT "SPECIAL NEEDS </b>	<b>DUMITRITA RUS LASZLO BALAZS</b>
<b>13:30</b>	<b>14:30</b>	<b>MASA DE PRANZ</b>	
<b>16:00</b>	<b>17:45</b>	<b>ANTRENAMENT NE-WAZA U-14, U-12, U-10</b>	<b>LOREDANA LASCAU</b>
<b>17:45</b>	<b>19:30</b>	<b>ANTRENAMENT NE-WAZA U-18, U-16</b>	<b>MARIAN HALAS</b>
<b>19:30</b>	<b>20:30</b>	<b>CINA</b>	

**VINERI 01.09-2023**

<b>ORA</b>		<b>ACTIVITATE</b>	<b>PROF. / ANTR/</b>
<b>07:00</b>	<b>08:00</b>	<b>MIC DEJUN</b>	
<b>08:30</b>	<b>10:15</b>	<b>ANTRENAMENT NAGE-WAZA U-14, U-12, U-10</b>	<b>LOREDANA LASCAU</b>
<b>10:15</b>	<b>12:00</b>	<b>ANTRENAMENT NAGE-WAZA U-18, U-16</b>	<b>MARIAN HALAS</b>
<b>12:00</b>	<b>13:15</b>	<b>ANTRENAMENT KATA ANTRENAMENT "SPECIAL NEEDS </b>	<b>DUMITRITA RUS LASZLO BALAZS</b>
<b>13:30</b>	<b>14:30</b>	<b>MASA DE PRANZ</b>	
<b>16:00</b>	<b>17:45</b>	<b>ANTRENAMENT NE-WAZA U-14, U-12, U-10</b>	<b>LOREDANA LASCAU</b>
<b>17:45</b>	<b>19:30</b>	<b>ANTRENAMENT NE-WAZA U-18, U-16</b>	<b>MARIAN HALAS</b>
<b>19:30</b>	<b>20:30</b>	<b>CINA</b>	

**PRIN ACEST STAGIU AM INCERCAT SA ATINGEM CELE  
4 COMPONENTE ALE PREGATIRII IN JUDO: KATA,  
RANDORI, KOGI SI MONDO!**



<b>DENUMIRE CLUB</b>	<b>U 10</b>	<b>U 12</b>	<b>U 14</b>	<b>U 16</b>	<b>U 18</b>	<b>TOTAL</b>
<b>NR. SPORTIVI</b>						
<b>PROFESORI / ANTRENORI</b>						
<b>ALTI DELEGATI</b>						
<b>TOTAL</b>						
<b>PACHET CAZARE + MASA</b>	<b>PRET</b>		<b>NR. PERS.</b>		<b>TOTAL</b>	
<hr/>						
<b>TAXA DE INSCRIERE</b> ( PT. DELEGATIILE FARA CAZARE SI MASA )						
<b>TOTAL</b>						