



Stagiul National de Pregatire

INVITAT SPECIAL

TOTH KRISZTIAN

MEDALIAȚ:

OLIMPIC

MONDIAL

EUROPEAN



PERIODADA: 2-4 FEBRUARIE

VARSTA: U12 PANA LA SENIORI

COST STAGIU: 100 LEI/SPORTIV





STAGIUL NATIONAL DE PREGATIRE



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| ORGANIZATOR | ACS Judo Master Satu Mare ACS Academia de Judo Baia Mare |
| DATA | 02 FEBRUARIE – 04 FEBRUARIE 2024 |
| VARSTA | U-12, U-14, U-16, U-18, U-21, U-23, SENIORI |
| COST STAGIU | 100 Lei / Sportiv (Maxim 300 sportivi) |
| LOC DESFASURARE | Sala Sporturilor “Ecaterina Both” Strada Wolfenbuttel Nr. 12 Satu Mare, Romania |
| PROGRAM ANTRENAMENTE | 2 Antrenamente in fiecare zi |
| ANTRENORI | ATTILA PELCZ/ALIN POPDAN/HALAS MARIAN/ INVITAT SPECIAL KRISZTIAN TOTH |
| CAZARE SI MASA | Hotel Aurora 170 RON MIC DEJUN /CINA/PERS Internat/130 ron/cazare/mic dejun/prinz/cina/PERS |
| PERSOANA DE CONTACT | Attila Pelcz 0755.727.399 Alin Popdan 0749.245.108 |
| INSCRIERE | judomaster.satumare@gmail.com Inscrierile se fac pana pe data de 25.01- 2024. Dupa aceasta data, taxa de inscriere va fi de 150 lei / sportiv |

PROGRAM STAGIUL NATIONAL DE PREGATIRE

| VINERI 02.02 – 2024 | | | |
|---------------------|-------|--------------------------------------|--------------------------------|
| ORA | | ACTIVITATE | PROF. / ANTR/ |
| 07:00 | 08:00 | MIC DEJUN | |
| 09:00 | 10:30 | RANDORI SEN, U-23, U-21, U-18, | ATTILA PELCZ ALIN POPDAN |
| 10:30 | 13:30 | ETAPA EUROREGIUNE U-16, U-14 | EUROREGIUNEA 6 |
| 13:30 | 14:30 | MASA DE PRANZ | |
| 16:00 | 17:30 | ANTRENAMENT SEN, U-23, U-21, U-18 | KRISZTIAN TOTH HALAS MARIAN |
| 17:30 | 19:00 | ANTRENAMENT U-16, U-14, U-12 | KRISZTIAN TOTH ALIN POPDAN |
| 19:00 | 20:30 | CINA | |

| SAMBATA 03.02 – 2024 | | | |
|----------------------|-------|--------------------------------------|--------------------------------|
| ORA | | ACTIVITATE | PROF. / ANTR/ |
| 07:00 | 08:30 | MIC DEJUN | |
| 09:30 | 11:00 | ANTRENAMENT U-16, U-14, U-12 | KRISZTIAN TOTH ALIN POPDAN |
| 11:00 | 12:30 | ANTRENAMENT SEN, U-23, U-21, U-18 | KRISZTIAN TOTH PELCZ ATTILA |
| 13:00 | 14:30 | PRANZ | |
| 16:00 | 17:30 | ANTRENAMENT U-16, U-14, U-12 | KRISZTIAN TOTH |
| 17:30 | 19:00 | ANTRENAMENT SEN, U-23, U-21, U-18 | KRISZTIAN TOTH PELCZ ATTILA |
| 19:00 | 20:30 | CINA | |

| DUMINICA 04.02 - 2024 | | | |
|-----------------------|-------|--------------------------------------|--------------------------------|
| ORA | | ACTIVITATE | PROF. / ANTR/ |
| 07:00 | 08:30 | MIC DEJUN | |
| 09:30 | 11:00 | ANTRENAMENT U-16, U-14, U-12 | HALAS MARIAN |
| 11:00 | 12:30 | ANTRENAMENT SEN, U-23, U-21, U-18 | KRISZTIAN TOTH PELCZ ATTILA |
| 12:30 | 13:30 | PRANZ | |
| 13:30 | | RELAXARE AQUASTAR SATU MARE | |