



STAGIUL INTERNATIONAL DE PREGATIRE 2026

ORGANIZATOR	ACS JUDO MASTER SATU MARE
DATA	23-25 IANUARIE 2026
VARSTA	U-12, U-14, U-16, U-18, U-21, U-23, SENIORI
COST STAGIU	130 Lei / Sportiv
LOC DESFASURARE	Sala Sporturilor "Ecaterina Both" Strada Wolfenbuttel Nr. 12 Satu Mare, Romania
PROGRAM ANTRENAMENTE	2 Antrenamente in fiecare zi in 2 grupe Grupa I U12/ U14/ U15 800 m2 tatami Grupa II U16/ U18/ U21/ U23/ Seniori
ANTRENORI SI INVITATI SPECIALI	ANDREA CHITU MEDALIAȚI MONDIAL SI EUROPEAN KEN KAIDA ANTRENOR JAPONEZ
CAZARE SI MASA	HOTEL AURORA / HOTEL PERLA / HOTEL ARAMIA MIC DEJUN, PRANZ SI CINA. 280 LEI /ZI /PERS SAU CAZARE SI MIC DEJUN 160 LEI/PERS INTERNAT SCOLAR /180 LEI /PER/ZI CAZARE/MIC DEJUN/PRANZ SI CINA PLATA SE FACE LA JUDO MASTER SATU MARE
PERSOANA DE CONTACT	ATTILA PELCZ 0755.727.399
INSCRIERE	judomaster.satumare@gmail.com Inscrierile se fac pana pe data de 21.01-26.

PROGRAM STAGIUL DE PREGATIRE

VINERI 23.01 – 2026			
ORA		ACTIVITATE	ANTRENORI
07:00	08:00	MIC DEJUN	
10:00	11:20	TECHNIC AND RANDORI U-15, U-14, U-12	PELCZ ATTILA
11:30	13:20	U16,U-18,U21,U23,Seniori	CHITU ANDREA
13:30	14:30	PRANZ	
16:00	17:30	TECHNICA SI RANDORI U-15, U-14, U-12	KEN KAIDA
17:30	19:30	RANDORI SEN, U-23, U-21, U-18,U-16	CHITU ANDREA BODO ROLI
19:30	20:30	CINA	

SAMBATA 24.01 – 2026			
ORA		ACTIVITATE	ANTRENOR
07:00	08:30	MIC DEJUN	
09:30	11:30	SEN, U-23, U-21, U-18,U-16 RANDORI	CHITU ANDREA BODO ROLI
11:30	13:00	TECHNIC SI RANDORI U-15, U-14, U-12	KEN KAIDA PELCZ ATTILA
13:30	14:30	PRANZ	
16:00	17:45	SEN, U-23, U-21, U-18,U16 RANDORI	CHITU ANDREA PELCZ ATTILA
18:00	19:30	TECHNICA SI RANDORI U-15, U-14, U-12	KEN KAIDA
19:30	20:30	CINA	

DUMINICA 25.01 - 2026			
ORA		ACTIVITATE	ANTRENOR
07:00	08:30	MIC DEJUN	
09:30	11:00	TECHNIC AND RANDORI U-15, U-14, U-12	KEN KAIDA
11:00	13:30	RANDORI SEN, U-23, U-21, U-18,U-16	CHITU ANDREA PELCZ ATTILA
13:30	14:30	PRANZ	
15:00		RELAX IN AQUASTAR SATU MARE	