

TIMETABLE OF COMMON TRAININGS AND SEMINARS:

Wednesday, March 28th 2018

- 13:00-13:50 - training FS Group I.(Seniors),
14:00-14:50 - training FS Group II.(Juniors),
15:00-15:50 - training FS Group III.(Juniors),
16:00-16:50 - training FS Group IV (Advance Novice) and
17:00-17:50 - training FS Group V (Advance Novice)
- 18:00-20:00 - seminar for coaches (FS): Prevention of injury, specific for skating injuries and practical demonstration of excersise,
- seminar for coaches (FS): Psychological preparation.

Thursday, March 29th 2018

- 20:00-20:50 -training SHT Group Juniors A+B,
21:00-21:50 -training SHT Group Seniors

Friday, March 30th 2018

- 20:00-20:50 -training SHT Group Juniors A+B,
21:00-21:50 -training SHT Group Seniors

Saturday, March 31th 2018

- 09:00 -Semminar and consultation about the programs from the competition with video, questions & answers from coaches to the Referee and to TC/TS.
- 18:00-20:00 - seminar for coaches (SHT): Prevention of injury, specific for skating injuries and practical demonstration of excersise,
- seminar for coaches (SHT): Psychological preparation.

Subject to change!

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