



3<sup>rd</sup> Edition Youth and Women

# **INTERNATIONAL CAMP**

**Chabařovice CZ – Nohejbal**

23. - 28. 7. 2012

## **SCHEDULE**



## **Monday 23.7.2012**

15.00 – 18.00 arrival of participants (assistance to foreign delegations if requested)

18.30 dinner

20.00 introductory meeting – central court

22.00 night-time

## **Tuesday 24.7.2012**

08.00 breakfast

09.00 warming-up

09.20 – 12.00 sorting to the groups according to individual futnet skills

12.30 lunch

13.30 – 14.30 **Coaches** – Futnet debate

**Children and women** – leisure time

15.00 warming-up

15.20 training unit

18.30 dinner

19.00 leisure time (swimming, beach-volleyball, tennis, table-tennis, football etc.)

22.00 night-time

### **Wednesday 25.7.2012**

08.00 breakfast

09.00 warming-up

09.20 – 12.00 training unit

12.30 lunch

13.30 – 14.30 **Coaches – Futnet seminar** – children's training and motivation / lecturer Michal Ježdík, former Czech basketball player, now Sports Director of ČEZ Basketball Nymburk

#### **Children and women – leisure time**

15.00 warming-up

15.20 training unit

18.30 dinner

19.00 leisure time (swimming, beach-volleyball, tennis, table-tennis, football etc.)

22.00 night-time

### **Thursday 26.7.2012**

08.00 breakfast

09.00 warming-up

09.20 – 12.00 training unit

12.30 lunch

13.30 – 14.30 **Coaches** – Futnet video, methodology and training

#### **Children and women – leisure time**

15.00 warming-up

15.20 training unit

18.30 dinner

19.00 disco for all ages

23.00 night-time

### **Friday 27.7.2012**

08.00 breakfast

09.00 warming-up

09.20 – 12.00 futnet tournaments in all groups

12.30 lunch

13.30 – 14.30 **Coaches** – discussion with the invited sports personality

**Children and women** – leisure time

14.30 – 16.00 meeting with the the invited sports personality, autograph session. Friendly futnet game with the invited guest. Group photo.

16.00 closing and medal ceremony

17.00 open-air dinner– sausages on the grill

18.00 leisure time / departure

23.00 night-time

### **Saturday 28.7.2012**

08.00 breakfast

09.00 departure