

MASTERS'

TRAINING CAMP

for coaches and athletes



WARSAW, 3rd - 10th 2019

before the World Cup „Szabla Kilińskiego”

We would like to invite you for the first

MASTERS' TRAINING CAMP FOR COACHES AND ATHLETES

The training camp for the best worlds' athletes and their coaches will take place in Warsaw, just 7 days before the well known IWAS Wheelchair Fencing World Cup "Szabla Kilinskiego".

The main goal of the camp is:

- to have all best athletes train together
- to have a large number of sparings at the highest level
- to exchange the experience and training practices
- to increase athletes' skills before Paralympic Games in Tokyo 2020

CAMP SCHEDULE:

3rd July
Teams' arrivals
Dinner
Coaches' meeting

4th July
Breakfast
1st training session
Lunch
2nd training session
Dinner

5th July
Breakfast
1st training session
Lunch
2nd training session
Dinner

6th July
Breakfast
1st training session
Lunch
2nd training session
Dinner
Gym / SPA

7th July
Breakfast
1st training session
Lunch
2nd training session
Dinner

8th July
Breakfast
1st training session
Lunch
2nd training session
Dinner
Gym / SPA

9th July
Breakfast
Individual lessons
Lunch
Warsaw Tour (Old Town)
Festive Dinner

10th July
Breakfast
World Cup's registration
or departure
Lunch

PRICE: (7 nights in double room) 840 Euro per person
Registration deadline: 28 February 2019, number of places: LIMITED



CONTACT DETAILS:

Tadeusz Nowicki, head coach of the Polish Wheelchair Fencing Team
+48 600 788 880

mail: office@szablakilinskiego.pl