

UNION EUROPEENNE ET MEDITERRANEENNE DE TIR A L'ARC
EUROPEAN AND MEDITERRANEAN ARCHERY UNION

Rome, 19 November 2008
Ref.n. 110

To the Federations of:

Portugal
Spain
Croatia
Turkey
Italy
Greece
Slovenia
Hungary

Attached:

- List of Participants
-Daily Seminar Program

c.c. EMAU Council Members
DTAC Committee Members
Seminar Lecturers

Re: 3rd level EMAU Coaching Seminar in Lisbon, on December 5th-7th 2008

Dear Presidents,

With this letter we would like to inform you about the follow up 3rd and final level EMAU Coaching Seminar, for which we invite those persons of your Federations, who attended and passed the written Exams of the 2nd level Coaching Seminar in Lisbon/Portugal, in November 2007, as per the attached **Participants Name-list**.

EMAU 3rd level Coaching Seminar

Date: Friday, December 5th - Sunday, December 7th, 2008.

Place : In a Hotel of the city Azambuja, which is 35 km far from Lisbon/Portugal

Program:

Friday 5th : Arrival of participants
16.00 – 20.15 Afternoon sessions
20.30 Dinner

Saturday 6th: 09.00 – 12.30 Morning sessions
13.00 Lunch
14.30 – 18.30 Afternoon sessions with a standard coffee break
19.00 Dinner

Sunday 7th: 08.00 – 11.30 Morning sessions
12.00 EMAU Certificates hand over
End of Seminar and Departure of participants.

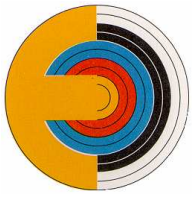
Please, find attached the detailed **Daily Seminar Program**.

The seminar will be conducted by the Lecturers:

Dr. Katerina Kotroni : Sports Injuries, Psychology in Sports, Athletes Psychological Preparation, in English

Mr. Pol Ney : Chairman EMAU Judges Committee - FITA Rules, in English

Mr. Mario Codispoti : Review of previous 1st & 2nd level seminars – Coaching Technique, in English



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The participants will have to carry their entire participation cost (accommodation and meals) and will be accommodated, for 2 nights, in rooms upon request.

Hotel prices, for Bed and breakfast, per night :

Single Room	45,00 €
Double Room	52,50 €
Triple Room	65,00 €
Room 4 persons	87,00 €
Meal (lunch or dinner)	10,00 €

The travel cost must be carried by the participants.

EMAU and the organizers will support this seminar, by carrying the entire cost for:

- Full Board accommodation for the Lecturer and DTAC Member for two (2) nights (Friday & Saturday),
- Coffee breaks, for all participants
- The seminar room, with necessary equipment, for 3 days
- Seminar copies and manuals

All other extras will have to be paid by the participants themselves.

Necessary transportation between local airport and stations to/from Hotel will be provided by the Portuguese Archery Federation Free of charge, during the official seminar days (Friday 14th – Sunday 16th). For other days, the local transportation cost will be carried by the participants, except if they inform the organizers their travel plan well in advance and not later than November 25th.

After each lecturing subject, written Examinations will follow, according to the seminar program. After passing the written examinations, each qualified participant will receive an EMAU Certificate stating that the participant has passed the examination and may call her/him: "EMAU Coach for her/his country". For those participants not wanting to write examinations a Diploma of participation will be issued.

Please, send the Confirmation for attendance of your invited coaches (as per the attached Participants Name-list), until November 30th 2008, to the EMAU Secretary General, Mrs. Marinella Piscioti, to the email address: media@fitarco-italia.org , **with a copy to** the EMAU DTAC Chairperson, Mrs. Evelyn Papadopoulou, to the email address: evelynpapa@internet.gr

Also, please send your room type request (single, double e.t.c.) and travel schedule to the Portuguese Archery Federation, to the email address: fptarco@mail.telepac.pt , **with a copy to:** evelynpapa@internet.gr and Calos Freitas (arcobesta@googlemail.com) , in order to be arranged your local transportation to/from the Hotel.

Please, pay attention on possible Visa procedure for your participants, if needed.

We trust that also this final 3rd level seminar will have a good attendance and that the participants will show again the same great interest as during the last seminar of 2nd level.

We remain at your disposal for any further information.

Best regards,

Marinella Piscioti
EMAU Secretary General

EMAU 3rd Level Coaching Seminar - SEMINAR DAILY PROGRAM

December 5th - 7th, Lisbon

Friday, 5 Dec.	<u>16.00 – 17.00</u>	FITA Rules	Lecturer: Mr. Pol Ney
	17.00 – 17.15	Coffee Break	
	<u>17.15 – 18.15</u>	FITA Rules	
	18.15 – 18.30	Coffee Break	
	<u>18.30 – 19.30</u>	FITA Rules	
	19.30 – 19.45	Coffee Break	
	19.45 – 20.15	EXAMS	
20.30	Dinner		
Saturday, 6 Dec.	<u>09.00 - 10.45</u>	Basics in Sports Injuries - Injuries in Archery	Lecturer: Dr. Katerina Kotroni
	10.45 - 11.00	Coffee Break	
	<u>11.00 - 12.30</u>	Treatment and Rehabilitation of Sports Injuries Psychological factors with athletic injury	
	13.00	Lunch	
	<u>14.30 - 16.00</u>	Basics in Psychology in Sports (Personality and Sport - Abilities and Sport) (Learning and Sport - Motivation and Sport)	
	16.00 - 16.30	Coffee break	
	<u>16.30 - 17.30</u>	Socio-psychological Factors ε Efficiency in Sport Psychological Preparation of the athletes	
	17.30 – 18.00	Coffee	
	<u>17.45 - 18.30</u>	EXAMS	
	19.00	Dinner	
Sunday, 7 Dec.	<u>08.00 – 09.15</u>	Review of 1 st and 2 nd level seminars	Lecturer: Mr. Mario Codispoti
	09.15 – 09.30	Coffee Break	
	<u>09.30 – 10.30</u>	Practice on equipment and coaching	
	10.30 – 11.00	Coffee Break VIP	
	<u>11.00 – 11.30</u>	Conclusions – EMAU Certificates hand over	

END OF THE SEMINAR

PARTICIPANTS NAMELIST -EMAU 3RD LEVEL COACHING SEMINAR , in LISBON/POR , DECEMBER 5th-7th 2008 - ROOMS & TRAVEL PLAN

THEY ARE ELIGIBLE		NOT YET INFORMATION FOR THEIR PARTICIPATION	ARRIVAL-DEPARTURE AVAILABLE INFORMATION
Participants per country	Gender	Arrival	Departure
SPAIN (2)			
José Enrique Simó Reigadas	M		
Elias Cuesta Cobo	M		
CROATIA (1)			
Andrea Cizmek	W		
TURKEY (2)			
Hakan Cakiroglou	M		
Tunc Okyay Kucukkayalar	M		
ITALY (1)			
Matteo Bisiani	M		
GREECE (6)			
Charitou Kalliopi	W		
Chassomeri Chrisoula	W		
Chrisadakou Irene	W		
Konstantopoulou Stella	W		
Varelas Panagiotis	M		
Xyda Christina	W		
SLOVENIA (1)			
Crt Dornik	M		
HUNGARY (2)			
Sinka Erzsebet	W		
Gilizce Laszlo	M		

PORTUGAL (20)			
Carlos Freitas	M		
Adriano Dias	M		
José Antunes	M		
Pedro Vaz	M		
Fátima Caetano	W		
Isabel Cardoso	W		
Carlos Batalha	M		
Paulo Santos	M		
José Clemente	M		
Armindo Cera	W		
João Gutierrez	M		
Raul Neves	M		
Paulo Figueiredo	M		
Nuno Pombo	M		
João Ferreira	M		
Paulo Nabais	M		
Vítor Ferreira	M		
Hélio Ribeiro	M		
João Freitas	M		
Fernando Alves	M		
LECTURER			
Mr. Mario Codispoti	M		
Dr Katerina Kotroni	M		
Mr. Pol Ney	M		
EMAU DTAC			
Evelyn Papadopoulou	W		
No info for participation			
They will participate			
Arrival-Departure info			

ROOMS RESERVATION		
SINGLE - DOUBLE - TRIPLE ROOM		

