

Zagreb, 12. 9. 2023.g.

6. Konvencija HPS-a

Pozivamo Vas na 6. Konvenciju HPS-a, koja će se održati u Buzinu
Hotel Aristos, 23.-24. 9. 2023.

SUBOTA, 23. 9. 2023.	
10:00-10:30	Otvaranje 6. Konvencije HPS-a
10:30-11:00	Antonio Silva , Predsjednik LEN Long development career plan in swimming – Portugese overview
11:00-12:00	Pero Kuterovac Plan i program reprezentacija HPS-a od 1. 9. 2023. – 31. 12. 2024.
12:00-13:15	Walter Bolognani Transition of young elite swimmers from junior to senior category
13:15-16:00	Pauza
16:00-17:00	Pero Kuterovac Tapering
17:00-18:15	Walter Bolognani Basic training variables in 1 season plan for age group swimmers U12, U14, U16 (volume, intensity, number of training sessions, number of competitions)
18:15-18:30	Pauza
18:30-19:30	Gost predavač Medijska pismenost – problem društvenih mreža

NEDJELJA, 24. 9. 2023.	
10:00-11:15	Walter Bolognani Development of energy systems in swimming
11:15-12:15	Dalibor Krebelj Plan i program treninga seniorskog tima PK Kantrida Amina Kajtaz - osvrt sezona 2022/2023 i sezona 2023/2024
12:15-13:15	Velja Krebelj Prevenција ozljeda kod plivača (Jan Herber – Nizozemski model)
13:15-14:15	Okrugli stol - treneri Što vas „žulja“?

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