



Fællesskab - Inspiration - Motivere - Profesionalisme

Love in Sport

	Lørdag				Søndag			
Time	Kadet	Junior & Senior	Workshops		Kårde	Fleuret	Workshops	
08.45	Arrival				Arrival			
09.00	Welcome and Introduction				Welcome and Introduction			Eliteprojekt Fencers Meeting
09.30	Energise Yoga		Hugo Dergal Introduction		Physical (Joao) and Footwork (Hugo)		Eliteprojekt fencers workshop	
10.00			Maciej Wojtkowiak presentation		Fencing	Tactics Analysis & Athlete Activism Video		
10.30	Mindfulness	Fencing						
11.00								
11.30	Lunch		Lunch					
12.00					Lunch			
12.30	Fencing	Lunch	Maciej Wojtkowiak Technical Workshop		Tactics Analysis & Athlete Activism Video	Fencing		
13.00								
13.30		Mindfulness						
14.00	Aikido							
14.30			Dansk Model Workshop (Trainers)		Warm up (Hugo)			
15.00					Footwork (Joao)			
15.30	Workshop- Role of Love in Sport	Fencing			Team Fencing		Cadets - Introduction to Sport Psych	
16.00								
16.30	Fencing	Workshop- Role of Love in Sport	Club Leader Workshop (Louise Seibæk)				Parents Meeting	
17.00								
17.30	Yoga stretching				Mindfulness Body Scan			
18.00	Final thoughts				Final thoughts			