

FIM Women's Trial Training Camp

07-09 July 2014
Krzeszowice
Poland



Don't waste your time and easily join us!

We offer you perfect place, perfect time & hell of fun with Trial bikes!

What?

- having fun;
- increasing sports level;
- mental education;

Who?

- trial's ladies;
- best trial's coaches: Iris Oelschlegel, Siri Minken, Jordi Pascuet;
- trial's organizers with great experience;

How?:

- register yourself by sending an email to: zarzad-okregowy.krakow@pzm.pl;
- you're not 18? Just ask your guardian to sign an application form, be present, and enjoy the training camp;
- not decided yet? Don't worry, you still can register on site at the European Championship;

insurance, paddock, medical security, coaches fees included

More info: Michal RUTKOWSKI, m: +48.602.157.252,

e-mail: zarzad-okregowy.krakow@pzm.pl

2014 FIM TRIAL WOMEN'S TRAINING CAMP

Krzeszowice, Poland
7-9 July 2014

PROGRAMME

Sunday 6th July 2014:

20:00 - the welcoming dinner
In the academic facility in AGH
(200 m from the paddock);

Monday 7th July 2014

08:30 Breakfast;
09:15 The FIM CTR Commission
members speeches
09:45 Iris Oelschlegel
- the FIM coach coordinator speech:
10:30 - 12:30
I training session - coaches:
- Iris Oelschlegel;
- Siri Minken;
- Jordi Pascuet;
13:00 - 14:00
Lunch;
16:00 - 18:00
II training session - coaches:
- Iris Oelschlegel;
- Siri Minken;
- Jordi Pascuet;
19:00 Dinner;

Tuesday 8th July 2014:

08:30 Breakfast
09:30 - 12:30
III training session - coaches:
- Iris Oelschlegel;
- Siri Minken;
- Jordi Pascuet;
12:30 - 13:30
Lunch;
14:30 - 16:30
IV training session - coaches:
- Iris Oelschlegel;
- Siri Minken;
- Jordi Pascuet;
17:00 The final briefing
and summary
18:00 Dinner

Wednesday - 9th July 2014:

08:30 Breakfast
09:15 The camp termination



Information:

- register yourself by sending an email to: zarzad-okregowy.krakow@pzm.pl;
- you're not 18? Just ask your guardian to sign an application form, be present, and enjoy the training camp;
- not decided yet? Don't worry, you still can register on site at the European Championship;
- entry fee of Euros 25 paid at the registration point on Sunday 6th July 2014;
- insurance, paddock, medical security, coaches fees included;
- more info: Michal RUTKOWSKI, m: +48.602.157.252,
e-mail: zarzad-okregowy.krakow@pzm.pl;