

SNOW CAMP PROGRAM 2023

We ask for everyone's understanding and help to create safe exercise conditions

MORNING TRAINING

<u>GROUP</u>	<u>TUESDAY</u> <u>03/01/23</u>	<u>WEDNESDAY</u> <u>04/01/23</u>	<u>THURSDAY</u> <u>05/01/23</u>	<u>FRIDAY</u> <u>06/01/23</u>	<u>SATURDAY</u> <u>07/01/23</u>
1° KIDS 2014 – 2013- 2012	11.00 – 15.00	9.00 – 10.00 Coordination - Physical Preparation- Tactics & Technic CHRISTIDIS	9.00 – 10.00 Coordination - Physical Preparation- Tactics & Technic DAVID COOK	9.00 – 10.00 Coordination - Physical Preparation- Tactics & Technic TELIKOSTOGLU	9.00 – 11.00 SPARRING KIDS & CADETS
2° CADETS 2011-2010 – 2009	REGISTRATION DAK KOZANI K. DAVAKI 1 Tel. 2461034311	10.00 - 11.30 Coordination - Physical Preparation- Tactics & Technic TELIKOSTOGLU	10.00 - 11.30 Coordination - Physical Preparation- Tactics & Technic MOON DAE SUNG	10.00 - 11.30 Coordination - Physical Preparation- Tactics & Technic CHRISTIDIS	MOON DAE SUNG with CHRISTIDIS
3° JUNIORS 2008 – 2007		11.30 – 13.00 Coordination - Physical Preparation- Tactics & Technic MOON DAE SUNG	11.30 – 13.00 Coordination - Physical Preparation- Tactics & Technic CHRISTIDIS	11.30 – 13.00 Coordination - Physical Preparation- Tactics & Technic DAVID COOK	11.00 – 13.00 SPARRING JUNIORS & SENIORS
4° SENIORS 2006+		13.00 – 14.30 Coordination - Physical Preparation- Tactics & Technic DAVID COOK	13.00 – 14.30 Coordination – Physical Preparation- Tactics & Technic TELIKOSTOGLU	13.00 – 14.30 Coordination - Physical Preparation- Tactics & Technic MOON DAE SUNG	DAVID COOK with TELIKOSTOGLU

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1° KIDS 2014 –2013- 2012	16.00 – 17.00 SPARRING CHRISTIDIS	16.00 – 17.00 SPARRING MOON DAE SUNG	16.00 – 17.00 SPARRING DAVID COOK	16.00 – 17.00 SPARRING TELIKOSTOGLU	
2° CADETS 2011-2010 – 2009	17.00 – 18.00 SPARRING TELIKOSTOGLU	17.00 – 18.30 SPARRING CHRISTIDIS	17.00 – 18.30 SPARRING MOON DAE SUNG	17.00 – 18.00 SPARRING DAVID COOK	
3° JUNIORS 2008 – 2007	18.00 – 19.30 SPARRING DAVID COOK	18.30 – 20.00 SPARRING TELIKOSTOGLU	18.30 – 20.00 SPARRING CHRISTIDIS	18.00 – 19.00 SPARRING MOON DAE SUNG	
4° SENIORS 2006+	19.30 - 21.00 SPARRING MOON DAE SUNG	20.00 - 21.30 SPARRING DAVID COOK	20.00 - 21.30 SPARRING TELIKOSTOGLU	19.00 - 20.00 SPARRING CHRISTIDIS	
	21.00 – 22.00 OPENING CEREMONY		22.30 Coaches Dinner Restaurant <i>Anemochadi</i> Place: Neraida Tel. 2464024333	21.00 – 22.00 AWARDS & 23.30 PARTY AT CLUB TOKYO	