

Buenos Aires, 11th August 2017

To all the National Federations affiliated to COPAC,

We are pleased to invite your coaches to participate at the **Technical Seminar** that will be given by **Mr. Csaba Szanto** between 11 and 14 October 2017 in Ibarra, Ecuador. This activity will be carried out within the framework of the Pan American Championship.

Timetable:

Wednesday 11	09-12:00 Theoretical Session 1 15-16:00 Practical Session 1 16:30 -18:00 Theoretical Session 2
Thursday 12	1hr Practical Session 2 (the time will be determined later) 20.00 -22:00 2 hrs. Theoretical Session 3
Friday 13	1hr Practical Session 2 (the time will be determined later) 20.00 -22:00 2 hrs. Theoretical Session 3
Saturday 14	The time will be determined later

Coaches who participate at the Seminar must attend having read previously the material found on the following link.

<http://s1.toldacuccot.hu/en/download?sid=191f17a45271d9458e2e9ea18eaa8af0&file=9.%20SPEED%20AND%20SPEED%20ENDURANCE.ppt>

Entries:

Deadline for coaches' registration: September 1st. If you are interested in participating, please complete and send by e-mail the document "Contact Information" to copac.office@gmail.com.

IMPORTANT:

COPAC WILL ONLY ACCEPTED ENTRIES SENT IT BY THE AUTHORITIES OF THE NATIONAL FEDERATION.

FEDERATIONS REGISTERING MORE THAN ONE PARTICIPANT SHOULD ENSURE TO PROPOSE THE SAME AMOUNT OF MEN AS OF WOMEN WITHOUT EXCEPTION.



Cecilia Farias
President COPAC
ICF Vice-President
ACODEPA Vice-President



Contact information:

Name of the National Federation

Name of the coach:

Speciality: (Canoe / Kayak)

Address:

Telephone:

E-mail:
