

**UNION EUROPEENNE ET MEDITERRANEENNE DE TIR A L'ARC**  
**EUROPEAN AND MEDITERRANEAN ARCHERY UNION**

Rome, 30 October 2008  
Ref.n. 107/08

**To the Federations of:**

Bulgaria  
Greece  
Serbia

Attached:

- List of Participants  
-Daily Seminar Program

c.c. EMAU Council Members  
DTAC Committee Members  
Seminar Lecturers

**Re: 3rd level EMAU Coaching Seminar in Sofia, on November 14<sup>th</sup>-16<sup>th</sup> 2008**

Dear Presidents,

With this letter we would like to inform you about the follow up 3rd and final level EMAU Coaching Seminar, for which we invite those persons of your Federations, who attended and passed the written Exams of the 2<sup>nd</sup> level Coaching Seminar in Sofia/Bulgaria, in September 2008, as per the attached **Participants Name-list**.

**EMAU 3<sup>rd</sup> level Coaching Seminar**

**Date: Friday, November 14<sup>th</sup> - Sunday, November 16<sup>th</sup>, 2008.**

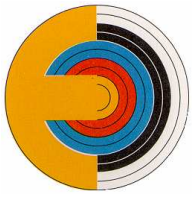
**Place :** Sofia/Bulgaria  
Hotel : SPA HOTEL « TSARSKO SELO » \*\*\*\*  
Address : « Okolovrasten pat » - Dragalevtsi  
1415 Sofia, Bulgaria  
Tel: +359 (2) 816 0101 , 816 0202 - Fax: +359 (2) 816 0102 , 816 0114  
E-Mail: [info@tsarskoselo.com](mailto:info@tsarskoselo.com)  
URL: [www.tsarskoselo-bg.com](http://www.tsarskoselo-bg.com)

**Program:** Friday 14<sup>th</sup> : Arrival of participants  
16.00 – 19.00 Afternoon sessions  
19.00 Dinner

Saturday 15<sup>th</sup>: 09.00 – 12.30 Morning sessions  
13.00 Lunch  
14.30 – 18.30 Afternoon sessions with a standard coffee break  
19.00 Dinner

Sunday 16<sup>th</sup>: 09.00 – 12.30 Morning sessions  
13.00 EMAU Certificates hand over  
End of Seminar and Departure of participants.

Please, find attached the detailed **Daily Seminar Program**.



## UNION EUROPEENNE ET MEDITERRANEENNE DE TIR A L'ARC EUROPEAN AND MEDITERRANEAN ARCHERY UNION

The seminar will be conducted by the Lecturers:

**Dr. Katerina Kotroni** : Sports Injuries, Psychology in Sports, Athletes Psychological Preparation, in English

**Mr. Victor Stanescu** : FITA Rules, in English

**Mr. Ivan Yotov** : Review of previous 1<sup>st</sup> & 2<sup>nd</sup> level seminars – Coaching Technique

Translation in Russian language will be provided, by the responsibility of the Bulgarian Federation.

The participants will have to carry their entire participation cost (accommodation and meals) and will be accommodated, for 2 nights, in rooms upon request.

Hotel prices, for Bed and breakfast, per night :

Single Room	48,58 €	(95 Leva)	
Double Room	59,82 €	(117 Leva)	
Triple Room	75,16 €	(147 Leva)	
Meal (lunch or dinner)	14,00 €	(27 Leva)	(first and main dish, salad, bread, desert & soft drink)

The currency rate is: 1 € = 1,95583 Leva

The travel cost must be carried by the participants.

EMAU and the organizers will support this seminar, by carrying the entire cost for:

- Full Board accommodation for the Lecturer and DTAC Member for two (2) nights (Friday & Saturday),
- Coffee breaks, for all participants
- The seminar room, with necessary equipment, for 3 days
- Seminar copies and manuals

**All other extras will have to be paid by the participants themselves.**

Necessary transportation between local airport and stations to/from Hotel will be provided by the Bulgarian Archery Federation, during the official seminar days (Friday 14<sup>th</sup> – Sunday 16<sup>th</sup>).

For other days, the local transportation cost will be carried by the participants.

After each lecturing subject, written Examinations will follow, according to the seminar program. After passing the written examinations, each qualified participant will receive an EMAU Certificate stating that the participant has passed the examination and may call her/him: "EMAU Coach for her/his country". For those participants not wanting to write examinations a Diploma of participation will be issued.

Please, send the Confirmation for attendance of your invited coaches (as per the attached Participants Name-list), until November 10<sup>th</sup> 2008, to the EMAU Secretary General, Mrs. Marinella Piscioti, to the email address: [media@fitarco-italia.org](mailto:media@fitarco-italia.org) , **with a copy to** the EMAU DTAC Chairperson, Mrs. Evelyn Papadopoulou, to the email address: [evelynpapa@internet.gr](mailto:evelynpapa@internet.gr)

Also, please send your travel schedule to the Bulgarian Archery Federation, to the email address: [bfsf@abv.bg](mailto:bfsf@abv.bg) , **with a copy to:** [evelynpapa@internet.gr](mailto:evelynpapa@internet.gr) , in order to be arranged your local transportation to/from the Hotel.

Please, pay attention on possible Visa procedure for your participants, if needed.

We trust that also this final 3<sup>rd</sup> level seminar will have a good attendance and that the participants will show again the same great interest as during the last seminar of 2<sup>nd</sup> level.

We remain at your disposal for any further information. Best regards,

Marinella Piscioti  
EMAU Secretary General

## **EMAU 3<sup>rd</sup> Level Coaching Seminar - SEMINAR DAILY PROGRAM**

November 14<sup>th</sup>-16<sup>th</sup>, Sofia

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<b>Friday, 14 Nov.</b>	<u>16.00 – 17.00</u>	FITA Rules	Lecturer: <b>Mr. Victor Stanescu</b>
	17.00 – 17.15	Short Break	
	<u>17.15 – 18.15</u>	FITA Rules	
	18.15 – 18.30	Short Break	
	<u>18.30 – 19.00</u>	<b>EXAMS</b>	
	19.30	Dinner	
<b>Saturday, 15 Nov.</b>	<u>09.00 - 10.45</u>	Basics in Sports Injuries - Injuries in Archery	Lecturer: <b>Dr. Katerina Kotroni</b>
	10.45 - 11.00	Short Break	
	<u>11.00 - 12.30</u>	Treatment and Rehabilitation of Sports Injuries Psychological factors with athletic injury	
	13.00	Lunch	
	<u>14.30 - 16.00</u>	Basics in Psychology in Sports (Personality and Sport - Abilities and Sport) (Learning and Sport - Motivation and Sport)	
	16.00 - 16.30	Coffee break	
	<u>16.30 - 17.30</u>	Socio-psychological Factors ε Efficiency in Sport Psychological Preparation of the athletes	
	17.30 – 18.00	Break	
	<u>17.45 - 18.30</u>	<b>EXAMS</b>	
	19.00	Dinner	
<b>Sunday, 16 Nov.</b>	<u>09.00 – 10.15</u>	Review of 1 <sup>st</sup> and 2 <sup>nd</sup> level seminars	Lecturer: <b>Mr. Ivan Yotov</b>
	10.15 – 10.30	Short Break	
	<u>10.30 – 12.00</u>	Practice on equipment and coaching	
	12.00 – 12.30	Coffee Break	
	<u>12.30 – 13.00</u>	Conclusions – EMAU Certificates hand over	

END OF THE SEMINAR

**PARTICIPANTS NAMELIST**  
**EMAU 3RD LEVEL COACHING SEMINAR ,**  
**in SOFIA/BUL, NOVEMBER 14th-16th 2008**

Participants per country	Gender
<b>SERBIA (7)</b>	
1.Mr Matic Slobodan	M
2.Mr Colovic Miljko	M
3.Ms Knezevic Gordana	W
4.Mr Vujic Milovan	M
5. Mr Karafilipovic Dragan	M
6.Mr Fedor Benjak	M
7.Mr Miskovic Vladeta	M
<b>GREECE (4)</b>	
1. Mr. Kalogiannidis George	M
2. Mr. Kalogiannidis Panagiotis	M
3. Mr. Karageorgiou Alexandros	M
4. Ms Saakadze Maia	W
<b>BULGARIA (11)</b>	
1. Mr. Kostadin Dimitrov	M
2. Mr. Yavor Hristov	M
3. Mr. Dimitar Dimitrov	M
4. Mr. Miroslav Mitkin	M
5. Mr. Vencislav Velikov	M
6. Mr. Ivan Ivanov	M
7. Mr. Dimitar Tzankov	M
8. Mr. Daniel Pavlov	M
9. Mr. Yanislav Tzankov	M
10. Mr. Svetlin Yotov	M
11. Mr.Yordan Petkov Georgiev	M

<b>LECTURERS</b>	
Mr.VICTOR STANESCU	M
Mrs. KATERINA KOTRONI	W
Mr. IVAN YOTOV	M
<b>EMAU DTAC</b>	
Evelyn Papadopoulou	W
<b>EMAU DTAC Chairperson</b>	