



#CTA TRAINING CAMP POLISH EDITION



KJK SZARY - POLAND

17 - 19 FEBRUARY 2023

DAY 1

17 FEBRUARY 2023

09.00

Introduction

14.00

Introduction to Mental Coaching

09.30

Program Consignment

15.00

Introduction to Athletic Training

10.00

Welcome Kit Consignment

16.00

Introduction to Horse-Riding

11.00

Social Media Promotion

17.00

Free-Riding (up to 19.00)

13.00

Light Lunch

20.30

Welcome Dinner

Riders Arrival by 9.00 AM - Horse's Arrival by 8.00 AM

DAY 2

18 FEBRUARY 2023

08.30

Horse Riding (group A)

14.00

Horse Riding (group C)

10.30

Horse Riding (group B)

16.00

Horse Riding (group D)

08.30

Mental Coaching (group C & D)

14.00

Mental Coaching (group A & B)

10.45

Athletics (group C & D)

16.15

Athletics (group A & B)

12.30

Light Lunch

20.30

Dinner

*Please note: this is a draft program. The schedule of activities could change in timing. The definitive schedule will be shared one week before the event.

DAY 3

19 FEBRUARY 2023

08.30

Horse Riding (group A)

10.30

Horse Riding (group B)

08.30

Mental Coaching (group C & D)

10.45

Athletics (group C & D)

12.30

Light Lunch

14.00

Horse Riding (group C)

16.00

Horse Riding (group D)

14.00

Mental Coaching (group A & B)

16.15

Athletics (group A & B)

18.30

Closing Ceremony

Departure after 19.00

**#CTA
TRAINING
CAMP
POLISH
EDITION**



GENERAL INFORMATION

DURATION

3 DAYS

ACTIVITIES

HORSE-RIDING TRAINING, ATHLETIC TRAINING
MENTAL COACHING, SOCIAL MEDIA

(*Please note that all the activities are delivered in English)

BOOK YOUR PLACE:

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MORE INFO:

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