

Þjálfara ráðstefna SSÍ í samstarfið HÍ og HR (drög)

Laugardagur 7. september

13:00 – 13:10	Opnun og kynning	Brian
13:10 – 13:30	Þróun árangurs ísl á ÓL	Ingi
13:30 – 14:30	Uppbygging og innraskipulag SH	Klaus
14:30 – 15:30	Undirbúningur ísl fyrir ÓI 2012	Jacky
15:30 – 15:50	kaffi	
15:50 – 16:20	Swim-Ties	Hafþór
16:20 – 17:10	Incorporating water polo practices into swim training	Mladen
17:10 – 18:00	Theoretical introduction for core stability	Ben Waller
18:00 – 19:00	How to motivate athletes	Siggi Raggi

Sunnudagur 8. september

09:00 – 11:30	Practical core and sholder exerices on pooldeck	Ben Waller
11:30 – 12:30	Practical water polo exerices in the swimming pool	Mladen
12:30 – 13:00	SSÍ/ÍF National Team Strategy	Jacky/Klaus/Ingi