

REGISTRATION FORM RIGA 2023:

NAME:

COUNTRY:

LATEST EMAIL ADDRESS:

TELEPHONE NUMBER:

Signed wishes to participate the next day(s)

Saturday 27th of January 2024 (tick when participating)

Sunday 28th of January 2024 (tick when participating)

Program:

PROGRAM DAY 1. SATURDAY				MEETING ROOM 1
PROGRAM	DAY 1.	PART		TRAINER
9.00	9.30	1	UPDATE MXGP ACADEMY 2024	MVG
9.30	10.00	2	MTC-PROGRAM WORLD WIDE	MVG
10.00	11.00	1	"HOW" TO COMMUNICATION WITH PARENTS. PART 1. THEORITICAL	MVG
11.00	11.15		SHORT BRAKE	
11.15	12.00	2	"HOW" TO COMMUNICATION WITH PARENTS PART 2 PRACTICAL	MVG
12.00	13.00		WORKSHOP "COMMUNICATION WITH AN MX-ATHLETE" (SHORT UPDATE)	MVG
13.00	13.45		LUNCH	
13.45	14.00	1	HOW TO CREATE A TRAINING YEARPLAN THEORITICAL ASPECTS	MVG
14.00	15.00	2	HOW TO CREATE A TRAINING YEARPLAN PRAKTICAL ASPECTS	MVG
15.00	15.15		SHORT BRAKE	
15.15	16.00	1	MX-E: THE DIGITAL PROGRAM / FOOD CALCULATOR THEORITICAL	MVG
16.00	17.15	2	MX-E: THE DIGITAL PROGRAM / FOOD CALCULATOR PRACTICAL	MVG
17.15	+/-17.30		ROUND OF QUESTIONS	

PROGRAM DAY 2 SUNDAY				MEETING ROOM 1
PROGRAM	DAY 2			TRAINER
9.00	9.30	1	MXGP ACADEMY ACTIVITIES	MVG
9.00	10.00	1	MX-A + B FLAG SIGNALS / SPORT RULES / FOOD & SPORT/ANTI DOPING	MVG
10.00	11.00	1	MX-C CONCERNING TRAINING	MVG
11.00	11.15		SHORT BRAKE	
11.15	12.15	1	MX-D CONCERNING MENTAL ASPECTS THEORITICAL	MVG
12.15	13.00	2	MX-D CONCERNING MENTAL ASPECTS PRACTICAL	MVG
13.00	13.45		LUNCH	
13.45	14.00	1	MTC-PROGRAM ALL ABOUT BASIC TRAINING THEORITICAL	MVG
14.00	15.00	2	MTC-PROGRAM WORKING WITH THE APP PRACTICAL	MVG
15.00	15.15		SHORT BRAKE	
15.15	16.00	3	MTC-PROGRAM WORKING WITH THE GROUP POINT SYSTEM PRACTICAL	MVG
16.00	17.00	4	MTC-PROGRAM WORKING WITH THE PERSONAL CLOUD PRACTICAL	MVG
17.00	17.30	1	ROUND OF QUESTIONS AND CERTIFICATES HAND OUD	

It is even enough to send a JPG picture of the return form through WhatsApp.

SUPPORTED BY:

