Załącznik nr 12 do umowy: 2021/ .....

**PZ**Zapaśniczy

# PLAN ORGANIZACJI SZKOLENIA DLA POSZCZEGÓLNYCH KATEGORII WIEKOWYCH, GRUP SZKOLENIOWYCH, SPORTÓW, OŚRODKÓW SZKOLENIOWYCH

**na rok - 2021**

## Wspieranie szkolenia sportowego i współzawodnictwa młodzieży - szkolenie centralne

**Trener Kadry: Ołenczyn Krzysztof** **Grupa szkoleniowa KNJ zapasy styl wolny** **Dyrektor Sportowy/~~Kierownik Wyszkolenia~~*: Albinowski Artur**

| MIESIĄC | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | zawody zagr. | zawody kraj | zgrupowania mn | zgrupowania kraj | konsultacje mn | konsultacje kraj | badania diag. | badania lek. | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 STYCZEŃ | | | | | | | | | | | | | | | | | | | | | | | | | | Milicz 4+1 | | | | | | | | | | | | | | |
| | | | Zakopane 18+3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 20 | | | | | |
| 2 LUTY | | | | | | | | | | | | | | | | | | | | | | Szczyrk 12+2 | | | | | | | | | | | | | | | | | | |
| | | | | | start PPS | | | | | | | | | | | | | | | | | | | | | | | | | | | | 2 | | 14 | | | | | |
| 3 MARZEC | | | | | | | | | Zakopane 16+3 | | | | | | | | | | | | | | | | | LAT 10+2 | | | | | | 3 | | | 13 | | | | | |
| 4 KWIECIEŃ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | Szczyrk 12+2 | | | | | | | | | | | | | MPJ | | | | | | | | | | | | | | | | 1 | 2 | | 8 | | | | | |
| 5 MAJ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | TUR 5+1 | | | | | | | | | | Spała 8+1 | | | | | | | | | | | | | | | | | | | | | 2 | | | 10 | | | | | |
| 6 CZERWIEC | | | | | | | | | | | | | | | | | | | | | | | Spała 16+3 | | | | | | | | | | | | | | | | | |
| | | | | ROU 10+2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | ROU 10+2 | | | | | | | | | | | | | | | | | | | MEJ 8+2 | | | 3 | | 12 | 10 | | | | | |
| 7 LIPIEC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | MEJ 8+2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | Władysławowo 16+3 | | | | | | 4 | | | 9 | | | | | |
| 8 SIERPIEŃ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | Spała 12+2 | | | | | | | | MSJ 6+2 | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | MSJ 6+2 | | | | | | | | | | | | | | | | 4 | | | 14 | | | | | |
| 9 WRZESIEŃ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | start MPS | | | | | | | | | | | | | | PPJ 16-19 | | | | | | | | | 6 | | | | | | | |
| 10 PAŹDZIERNIK | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | Spała 6+1 | | | | | | | | | | | | 12 | | | | | | |
| 11 LISTOPAD | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | SVK 3+1 | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | SVK 3+1 Turniej Wyszehradzki | | | | | | | | | | | | | 3 | | 7 | | | | | | |
| 12 GRUDZIEŃ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 14 | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | RAZEM: | | 173 | 20 | 10 | 19 | 124 | 0 | 0 | 0 | 0 | 0 |

MŚ, ME, IO. — zgrupowania — zawody krajowe — badania

zawody międzynarodowe — zgrupowania zagraniczne — dojazdy

zagr - zagraniczne mn - międzynarodowe kraj - krajowe

* - niewłaściwe skreślić