



## BALTIC COACHES ATHLETICS SEMINAR

**OCTOBER 17  
RIGA, LATVIA**

Latvian Athletics Association has the pleasure of inviting you to Baltic Coaches Athletics seminar on October 17. It will be held in Riga Motor Museum (S. Eizenšteina Street 8, Riga, LV 1079).

### **SPEAKERS**

**13:30 Andrei Nazarov (Estonia)**

Training and competition year plan in decathlon (Russian language)

**14:30 Natālija Čakova (Latvia)**

News from seminar “Role of coaches in society (Estonia, 13.-14.07.)” (Latvian language)

**15:00 *Coffee Break***

**15:20 Veida Lūsa (Latvia)**

Antidoping news in athletics (Latvian language)

**15:50 Artūrs Priževoits (Latvia)**

News from seminar “Coach Academy (Germany, 27.08.-1.09.)” (Latvian language)

**16:20 Mareks Osovskis (Latvia)**

Muscle stretching exercises before and after workout (Latvian/Russian language)

### **REGISTRATION**

Please send us your contact details (email, telephone, ID number) to email [ivs@athletics.lv](mailto:ivs@athletics.lv) until **October 10**.

Registration fee is 15 euros. An invoice will be sent after registration.

Participants will receive certificate with 8 academic hours after this seminar.

Sincerely,

Ineta Radevica  
President  
Latvian Athletics association