



Cronvention

Winter Experience



Place where progress begins!



December, 27th – 30th



Terme Sveti Martin



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[#onlyprogressmatters](https://www.instagram.com/onlyprogressmatters)



ABOUT THE SEMINAR

Cronvention seminars are designed as an experience through which participants have the opportunity to learn about sports excellence from top athletes and coaches. A carefully developed training plan combined with selected and well-prepared lectures on improving sports performance make our seminar a place for the progress of each participant.



PROGRAM

TRAININGS AND LECTURES - WORK PROGRAM

The focus of the Cronvention Winter Experience will be on the improvement of several important areas of sports life:

- Improvement of technical preparation
- Improvement of tactical preparation
- Development of a champion mentality
- Achieving life excellence through sport
- Analyzing - how to be a good analyst



INSTRUCTORS

In addition to the headlining instructors, at the seminar, participants will have the opportunity to meet several other top athletes and coaches involved in the project...

ALESSANDRA HASANI

Croatian senior national team member since 2016, top athlete whose sports story represents the “whatever it takes” mindset:

- Silver at the 2018 European Championship
- Multiple medal winner at the Premier Leagues
- Bronze at the 2013 European U21 Championship



ENES GARIBOVIĆ

Croatian senior national team member since 2016, a top athlete who captures the attention of karate enthusiasts due to always attractive matches. Enes' biggest results so far are:

- Silver at the 2022 European Senior Championship
- Bronze at the 2021 European Senior Championship
- Silver at the 2018 Mediterranean Games
- Gold at the 2017 European U21 Championship

• FUN FACT •

In addition to top sports achievements, it is worth noting that Enes is a graduate of Electrical Engineering (Zagreb FER).



BORAN BERAK

Croatian senior national team member, pro karate athlete

- Junior and U21 champion of Europe (2013 and 2015)
- 5th place at the European Championship (2021 and 2022)
- Multiple national champion

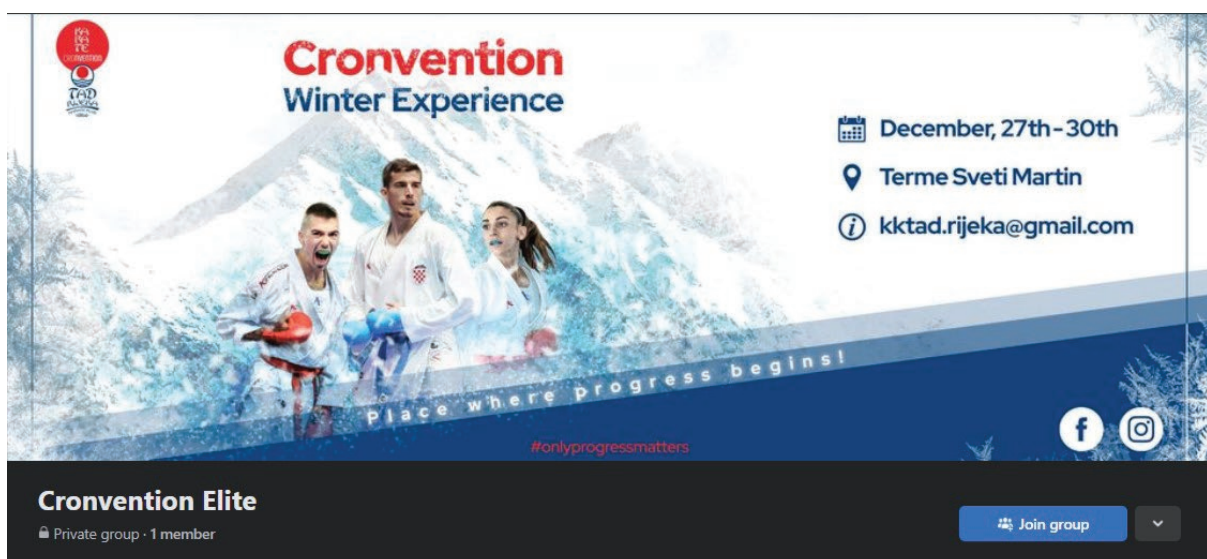


DAILY SCHEDULE

TIME	ACTIVITY
8:00	Waking up
8:30	Breakfast
10:00 - 11:30	Training 1 - technical preparation
11:45 - 12:45	Spa
13:00	Lunch
14:00 - 16:00	Free time
17:00 - 18:30	Training 2 - tactical preparation
19:00	Dinner
20:30	Cronvention education
23:00	Sleep

FACEBOOK GROUP "CRONVENTION ELITE"

Closed facebook group only for Cronvention seminar participants. In the group, we share valuable content that serves the participants to improve their everyday life. The group serves to better connect seminar participants and to increase the effect of work at the seminar.



ACCOMMODATION

The accommodation offer includes:

- Apartments from 2 to 5 persons
- Full board - breakfast, lunch, dinner included in the price
- Use of thermal baths

APARTMENTS REGINA ***	APARTMENT TYPE	SERVICE	PRICE PER PERSON
Small apartment - 1 bedroom	2 persons	Full board	195€
Small apartment - 1 bedroom + 1 extra bed	3 persons	Full board	170€
Big apartment - 2 bedroom	4 persons	Full board	165€
Big apartment - 2 bedroom + 1 extra bed	5 persons	Full board	160€



PRICE OF THE SEMINAR - 50€

The price of the seminar includes:

- 6 training sessions
- 3 educations
- Membership in the internal facebook group Cronvention - exclusive content

REGISTRATION OF PARTICIPANTS

Participant registration is done by filling out a word application form. The application form must be filled out and sent to the e-mail address kktad.rijeka@gmail.com no later than December 15, 2022.

- If several athletes from the same club participate in the seminar, 1 application form must be filled out for all
- If the athlete did not choose the accommodation option in one of the apartments, the organizers will place them in apartments with other athletes.

PAYMENTS

Payment for accommodation costs must be made in advance via bank transfer.

- IBAN: HR1424020061100123336
- Account: Karate Klub TAD Rijeka, Trg Viktora Bubnja 3, 51000 Rijeka
- Bank: Erste& Steiermarkische bank d.d.
- SWIFT/BIC: ESBCHR22

Payment for the seminar is **50€** and is paid in cash upon arrival at the seminar.

