



**Coaching and Youth Development Programme (CYDP)  
PATAIAS, PORTUGAL**

**Dear Friends,**

The Portuguese Modern Pentathlon Federation, the UIPM and the Alcobaça City Hall are pleased to invite a delegation from your country consisting of 2 coaches and 4 athletes (age 11-16), to participate in the **Coaching and Youth Development Programme (CYDP)** to be held 06-14 of April 2014 in Pataias (100 kms Northwest from Lisbon).

Participate in this first European Coaching Development Programme is a great chance to be trained by the UIPM official instructor/s, and get a UIPM licence according to your level of preparation.

In the last day, the athletes have the opportunity to compete in the Portuguese Youth National Championship, which take part on 13 April in Pataias.

**PROGRAMME**

<b>Biathlon/Triathlon Coaching and Youth Development Programme (CYDP) Pataias 06-14 April 2014</b>								
06Apr	07Apr	08Apr	09Apr	10Apr	11Apr	12Apr	13Apr	14Apr
ARRIVALS	8h 9h Présentation of the Program with	8h 10h Swimming theoretical	8h 9H Exchange with coach regarding the preparation	8h 10h Swimming theoretical Training Build a session	8h 10h Swimming theoretical Dive Turn physical preparation, stretching	Préparation with coaches and athletes Biathlon Triathlon	OPEN EVENT (Competition)	DEPARTURE
	Opening Time with coaches and athletes	Technical Bases	9h30 11h Combined session	10H30 12H Swimming Exercices Technical Bases	10H30 12H Swimming Exercices Dive and Turn	10h 12h The motivation and open question		
	10h30 12h00 Shooting and Running basic skills	10H30 12H Swimming Exercices Technical Bases 1	11h 12H Swimming session	Lunch				
	14h 16h theoretical physiological Bases	14h 16h Shooting théorique Running théorique relative to Youth	Education Programme	14h 16h Shooting théorique Running théorique relative to training	14h 16h Shooting théorique Running théorique relative to	Biathlon Triathlon Individual or Team or		
	16h30h 18h30 Swimming théorique and practical Intro and général principes	16h30 18h30 Combined put in situation différent mode for youth		16h30 18h30 Combined put in situation différent process. Groupe of work with différent objective	16h30 18h30 Combined put in situation différent process groupe of work with différent objective in relation with programmation	Debriefing with coaches and athlètes  Debriefing with coaches		
	Dinner							
	Video Pentathlon Biathlon Triathlon open discussion Coaches	Preparation Of next morning	Preparation Of next morning	Fencing Riding Information	Preparation Of next Day	Closing Time		

## **FINANCIAL CONDITIONS**

The price includes the accommodation-full board, local transport and transport to and from **Lisbon International Airport**, and access to all **Coaching and Youth Development Programme (CYDP)**, the **UIPM certificate according to the level the UIPM instructor will establish prior to the final examination** and the participation in the **Youth Competition on 13April**.

The cost per participant is (per person/night):

**€28.00 double or triple occupation**

**€35.00 single room.**

Any **additional** person will be charged full rate **€50.00** per day.

Delegations are required to send by bank transfer a minimum of 30% of the total amount of your accommodation invoice by 30 March 2014. Otherwise, the reservation will not be guaranteed.

After receiving the Final Entry form and deposit (non-refundable) we will send you an invoice for the remainder of the total cost of stay for your Delegation. This must be paid by bank transfer to arrive no later than 03 April 2014.

## **ACCOMMODATION**

All delegation members will be accommodated in Bungalows <http://www.landshause.com/bungalows.html>.

## **VISAS**

The LOC cannot accept responsibility for arranging visas but can provide specific letters of invitation if needed. For information if you need a visa please contact your nearest Embassy or Consulate.

## **INSURANCE**

The organiser will not accept any responsibility financial or otherwise for loss, injury or illness of any Delegation member. All members of the attending Delegations must insure themselves by a sufficient health, accident and liability insurance. By submitting the entry the National Federation confirms that all persons named on the entry are covered by such an insurance.

## **ENTRY FORMS**

**Entries must arrive no later than:**

PRELIMINARY ENTRY FORM 26<sup>th</sup> March 2014

**OFFICIAL LOCAL ORGANISING COMMITTEE ADDRESS:****Federação Portuguesa do Pentatlo Moderno****Rua 15 de Agosto nº 8 B, 2500 – 801 Caldas da Rainha****Mobile: + 351 93 891 12 78 / + 351 93 269 42 31****Email: [fppm.geral@gmail.com](mailto:fppm.geral@gmail.com)****WebSite: [www.fppm.pt](http://www.fppm.pt) \_**

<b>Send to:</b>	<b>Account Name:</b>	
	<b>Account Number:</b>	0344 006261 930
	<b>IBAN:</b>	PT50 0035 034400006261930 16
	<b>Bank Name:</b>	CAIXA GERAL DE DEPÓSITOS
	<b>Address:</b>	
	<b>Swift Code:</b>	CGDIPTPL

Looking forward to see you in Pataias, Portugal, for the **Coaching and Youth Development Programme (CYDP)**.

Best regards,

**Rui Lucena**

Competition Director



**Coaching and Youth Development Programme (CYDP)**  
**06-14 April 2014**  
**PATAIAS, PORTUGAL**

**ENTRY FORM "A & B" (Preliminary)**

Return no later than 26<sup>th</sup> March 2014

Nation: \_\_\_\_\_ Contact Person: \_\_\_\_\_  
 Tel : \_\_\_\_\_ Fax : \_\_\_\_\_ E Mail: \_\_\_\_\_

Male Athletes Surname	First Name	Date of Birth	Passport No.	Pistol Model	Serial No.
Female Athletes Surname	First Name	Date of Birth	Passport No.	Pistol Model	Serial No.

Coaches Surname	First Name	Function	Passport No.

Arrival Date	Time	Flight No.	Depart Date	Time	Flight No.

Signature: \_\_\_\_\_

Name (printed): \_\_\_\_\_ Date: \_\_\_\_\_

Return to: Federação Portuguesa do Pentatlo Moderno  
 Rua 15 de Agosto nº 8 B, 2500 – 801 Caldas da Rainha  
 Mobile: + 351 93 891 12 78 / + 351 93 269 42 31  
 Email: [fppm.geral@gmail.com](mailto:fppm.geral@gmail.com) or [fppm.direxecutivo@gmail.com](mailto:fppm.direxecutivo@gmail.com)  
 WebSite: [www.fppm.pt](http://www.fppm.pt) \_



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**ENTRY FORM "C" (Final)**

**Return no later than 02<sup>th</sup> of April 2014**

**Nation:** \_\_\_\_\_ **Contact Person:** \_\_\_\_\_

**Tel :** \_\_\_\_\_ **Fax :** \_\_\_\_\_ **E Mail:** \_\_\_\_\_

No	Last Name	First Name	Function	Arrival Date	Time	Flight	Departure Date	Time	Flight	Room Type (Sgl/DbI/Tpl)	Rooming Partner

**Signature:** \_\_\_\_\_ **Name (printed):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Return to: Federação Portuguesa do Pentatlo Moderno**  
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 Email: [fppm.geral@gmail.com](mailto:fppm.geral@gmail.com) or [fppm.direxecutivo@gmail.com](mailto:fppm.direxecutivo@gmail.com)  
 WebSite: [www.fppm.pt](http://www.fppm.pt)