

# WOMEN COACHING SEMINAR

December 11th– 13th 2023.

Granada, ESP

The Women's Coaching Seminar is specifically created to support the professional development of female coaches in Europe. This event focuses on enhancing knowledge, promoting networking, and encouraging the continuous growth of attendees.

**Open Registration** - Although the seminar primarily targets female coaches in Europe, we also invite male coaches and coaches from Member Associations outside of Europe to participate. Including a diverse range of experiences and perspectives adds significant value to the learning environment.

**Participation and Assignment** - In this edition of the Women's Coaching Seminar attendees will be encouraged to actively engage with the other participants and to present a project (details will be provided during the seminar).

**Tailoring Content to Your Needs** - Participants are encouraged to submit questions for the speakers at the time of registration. This allows the speakers to customize their presentations better to suit the interests and needs of the attendees, making the seminar more effective and engaging.

**Networking Opportunity** - This seminar provides a platform for all attendees to connect with other professionals, exchange ideas, and build relationships that can be beneficial for their coaching careers.

## 1. LECTURERS

### **Lecturer 1 - Krisztina Toth - Technical aspects and experiences from a woman at the elite**

Sports Director at Bavarian Table Tennis Association  
World championships Bronze medalist in doubles  
7 times European Champion (in Teams and doubles and mixed doubles)  
European Championships Runner-Up in singles

### **Lecturer 2 - Mar Rovira Rodríguez - Mental Health in Coaching: a gender perspective**

Professor in Sports Psychology at Tecnocampus-Pompeu Fabra University (Spain)  
More than 10 years working with top professional athletes, coaches, clubs and federations.  
ELPA Performance Advisory Board member

## 2. SCHEDULE

### MONDAY 11th

Session 1 18.00-20.30

### TUESDAY 12th

Session 2 10.00-12.30

Session 3 16.00-18.30

### WEDNESDAY 13th

Session 4 9.30-11.30

## 3. ACCOMMODATION, TRANSPORTATION AND FINANCIAL CONDITIONS

ETTU will cover the **full accommodation costs** (including pick up from Granada Airport) **for a maximum of 2 coaches per association on a double room occupancy basis**. The cost for the rest of the attendees is as specified below:

**Single Room, full board: 140€/day per person.**

**Double Room, full board: 110€/day per person.**

**Note:** The number of single rooms is limited and the price difference must be paid by the participants in advance.

The organizer will provide free shuttle transport from Granada Airport/Train Station but participants can also be picked up in Malaga Airport at an extra cost of **30€** per person/one way.

- **HOTEL ABADES NEVADA PALACE, Sultana, 3, 18008 Granada.**

[https://www.abadeshoteles.com/es/hotel-abades-nevada-palace-en-granada/?\\_gl=1\\*1tcypji\\*\\_up\\*MQ..&gclid=CjwKCAjwkY2qBhBDEiwAoQXK5RcKqzDUjDtZQolsM3E4\\_EdgUXQprlx4ATjaIHkIc96yKQXXkwSELRoCMbEQAvD\\_BwE](https://www.abadeshoteles.com/es/hotel-abades-nevada-palace-en-granada/?_gl=1*1tcypji*_up*MQ..&gclid=CjwKCAjwkY2qBhBDEiwAoQXK5RcKqzDUjDtZQolsM3E4_EdgUXQprlx4ATjaIHkIc96yKQXXkwSELRoCMbEQAvD_BwE)

#### 4. ENTRIES

Entries and wishes for accommodation shall be sent not later than:

**Friday 1st December 2023** by e-mail to:

**RFETM – Jara ÁLVAREZ** Coordinator of the Women and Table Tennis Program in RFETM  
[secretaria@rfetm.com](mailto:secretaria@rfetm.com)

**ETTU - Ana Ivosevic** ETTU Administration Officer [ana.ivosevic@ettu.org](mailto:ana.ivosevic@ettu.org)

#### 5. PAYMENT

The payment for participants shall be transferred directly to the account of RFETM, **Cash and credit card payment upon arrival will NOT be accepted.**

Bank details:

SPANISH TABLE TENNIS FEDERATION

Bank Name & Address: BANCO SANTANDER 274, Princesa 31, 28008, Madrid.

BIC Code: BSCHEMXX

Iban: ES09 0075 0349 4206 0012 5274

#### 6. VISAS

If you need a visa to enter Spain, please send your request for an invitation letter with a copy(ies) of scanned passport(s) not later than **Friday 1<sup>st</sup> December** to:

David CORRAL - Sports Director of RFETM ( [direccion.deportiva@rfetm.com](mailto:direccion.deportiva@rfetm.com) )